

Dear CSA Member,

A beautiful week of sun and rain has mixed to produce perfect growing conditions. The summer squash and cucumbers have never been better. We cover the young cucumber and summer squash plants with row cover when we first transplant them the row cover prevents insects from feeding on their small leaves. When we see the first flowers starting to form we remove the row cover so the bees can pollinate the flowers and by this time the plants are big enough to withstand most of the insect pests. The Striped Cucumber Beetle is the main pest of cucumber and summer squash transplants. The beetles love the small tender transplants and can defoliate an entire planting seemingly overnight. By the time we take the cover off the transplants the plants are larger and the beetles are a little less interested. There are three different kinds of cucumbers that will fill your share this summer. The small whitish cucumber is Boothby Blonde an heirloom variety that is delicious. The small green cucumber is National Pickling Cucumber. Pickling cucumbers are very tender with a very tender skin. They are my favorites. The third is the General Lee Slicing Cucumber, a dark green slicing cucumber. What a treat. Enjoy the vegetables-Pete and Deb.

**This weeks share:**

Red Sail Leaf Lettuce-1 head      Red Romaine-1 head      Bright Lights Swiss Chard-1 bunch      Perpetual Spinach-1 bunch  
Boothby Blonde or National Pickling Cucumbers-      Slicing Cucumber-2      Summer Squash-mix of varieties-6      Rat Tail Radish-1 bunch  
Green Spring Onions-1 bunch      Oregano-1 bunch      Fruit Share-1 bag Apricots, 1 basket Organic Currants, 1 bag Sweet Cherries

The currants are a native fruit that we grow on our farm. The gooseberries are delicious eaten fresh. I like to cook the currants with a bit of sugar, walnuts and raisins until thickened and use as a fresh spread on toast.

**Secrets to Successful Stir-Frying**

- 1) Do not cook more dishes than you can handle.
- 2) Prepare all ingred. before you start to cook which means marinate meat pieces, cut vegetables, measure ingredients, prepare sauce mixture
- 3) Read the recipe and assemble ingredients in the order in which they are to be added to the wok. Ingredients such as eggplant, mushrooms and fish tend to absorb more oil and may require slightly more oil for cooking.
- 4) If done properly stir-frying is a very nutritious cooking method. Most stir-fry recipes require only one to two tablespoons of oil and if cooked quickly over high heat should not require more. If your stir-fry does require more liquid add a small amount of water or stock to complete the cooking. Although this is not a strict stir-frying practice it will keep your stir-fry low in fat.
- 5) Heat canola oil before adding ingredients.
- 6) Blanching vegetables like broccoli, cauliflower and asparagus before stir-frying ensures quick and even cooking. Grated carrot cooks much quicker than sliced carrot.
- 7) One tsp. of cornstarch combine with a bit of water at the end of cooking thickens the sauce & gives a glossy appearance to the vegetables.

**ZUCCHINI SQUARES**

5 Eggs, beaten      2 C Mozzarella Cheese      ¼ t Baking Powder      ½ C Freshly Grated Parmesan Cheese  
4 C Zucchini, grated      ½ C Flour      ½ C Onion, chopped      2 T Oil

Heat oven to 350°. Oil a 9-by-13 inch baking pan. Combine eggs, zucchini, and cheese in a large bowl. Mix in remaining ingredients and pour into baking pan. Bake until knife comes out clean when inserted in the center, about 40 minutes. Cool. Cut into 2 – inch squares. Refrigerate until serving time. Serve hot or cold. Makes 24 two-inch squares.

**WHOLE WHEAT PASTA WITH ZUCCHINI & LEMON**

1 lbs. pasta      4 Cloves Garlic, minced      Salt & Pepper      6 Large Fresh Basil Leaves, cut into thin strips  
1 T Olive Oil      6-8 small Zucchini, sliced      Juice of 1 Lemon      1-2 C Grated Pecorino Cheese

Bring a large covered pot of water to a rapid boil. Add pasta, stir briefly, cover the pot until the water boils again. Uncover the pot. While pasta cooks, heat olive oil in a large, heavy, nonreactive skillet. Add garlic and zucchini; sauté on medium heat until zucchini begins to brown. Sprinkle with salt & pepper. Add lemon juice and basil, stir, and remove from heat. The zucchini should be done just before the pasta is ready. When the pasta is al dente, drain and toss in large, warm serving bowl with about 1-cup o the cheese. Top with zucchini and serve immediately. Add more cheese at the table if desired. Makes 4-6 servings.

**Dry your own fresh oregano.** If you have an excess of fresh oregano, you can dry it by tying the stems together and hanging it in a warm, dry, well-ventilated place. Oregano dried at its peak will likely have more flavour than supermarket varieties, which can vary in age. I store my homemade dry oregano *en branche*, as the French say, in a paper bag in a dark place, and crumble the leaves off the branches as I need them. Storing the whole branches helps keep the volatile oils intact.

## **SUMMER SQUASH SOUP**

8-10 yellow squash, chopped                      1 or 2 cloves garlic, chopped                      Half and half                      Salt/Pepper to taste  
1 medium onion, chopped                      Water, vegetable or chicken broth, enough to cover squash

Put squash, onion, and garlic in large soup pot. Add water or broth, enough to cover squash. Bring to a boil. Reduce heat and simmer for about 10 minutes or until squash and onions are tender. Remove from heat and cool. Add just enough half and half to make it creamy. Salt and pepper to taste and serve hot or cold.                      **\*\*Options\*\*** After soup cools, blend in blender then add half and half to make a smooth soup. Soup is great served hot or cold. This is a great soup to play with, add ingredients at will!

## **OVEN FRIED ZUCCHINI STICKS**

Canola oil cooking spray                      2 tablespoons cornmeal                      1 1/2 pounds zucchini (3 medium), cut into 1/2-by-3-inch sticks  
1/2 cup whole-wheat flour                      1 teaspoon salt                      2 egg whites, lightly beaten  
1/2 cup all-purpose flour                      1/2 teaspoon freshly ground pepper

Preheat oven to 475°F. Coat a large baking sheet with cooking spray. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray. Bake on the center rack for 7 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 5 minutes more. Serve hot

## **JAPANESE CUCUMBER SALAD**

2 medium cucumbers or 1 large                      1 teaspoon sugar                      2 tbsp sesame seeds, toasted  
1/4 cup rice vinegar                      1/4 teaspoon salt

1. Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.

2. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.

## **SUMMER SALAD WITH GRAPES AND FETA**

<b>Dressing</b>	<b>Salad</b>
1/4 cup extra-virgin olive oil	8 cups salad greens (5 ounces)
2 tablespoons red-wine vinegar	1 head radicchio, thinly sliced
1/4 teaspoon salt, or to taste	2 cups halved seedless grapes
Freshly ground pepper to taste	3/4 cup crumbled feta cheese (4 ounces)

To prepare dressing: Whisk (or shake) oil, vinegar, salt and pepper in a small bowl (or jar) until blended. To prepare salad: Just before serving, toss greens and radicchio in a large bowl. Drizzle dressing on top and toss to coat. Divide the salad among 8 plates. Scatter grapes and cheese over each salad; serve immediately.

## **CREAMED SPINACH**

2 teaspoons extra-virgin olive oil	1 tablespoon flour
1/4 cup minced shallot or red onion	1/2 cup 1% milk
1 10-ounce bag fresh spinach, tough stems removed	1/8 teaspoon grated nutmeg
1 tablespoon butter	1/8 teaspoon each salt & ground pepper
	2 tablespoons grated Parmesan cheese

1. Heat oil in a large nonstick skillet or Dutch oven over medium-high heat. Add shallot (or onion); sauté until fragrant, about 30 seconds. Add spinach and cook, stirring, until just wilted, about 2 min.

2. Heat butter in a small saucepan over medium-high heat. Add flour and cook, stirring, until smooth and bubbling, about 30 seconds. Add milk, nutmeg, salt and pepper; cook, whisking constantly, until thickened, about 1 minute. Stir the spinach into the sauce. Sprinkle with grated cheese and serve.