

Dear Members,

Tropical weather is how they are describing this summer. We have had over three times the amount of rain that normally falls and the temperatures have been record breaking as well. Good news for many of the summer vegetables. The squash and cucumbers are growing faster than we can pick them. The not so good news is that they just will not keep very long. The small cucumbers have very thin skin and will not hold for more than a day or two. The cucumbers are so sensitive that we are not washing them because they just don't need any more moisture. New this week are the onions, green beans and basil. Enjoy-Pete and Deb

Shares include: Biscayne Frying Peppers-the long yellowish ones-2 Lilac Bell Peppers-4 Sweet Summer Onions-3
Spinach-1 bunch Red Ace Beets-1 bunch Green Beans-1 basket Summer Squash-10 Slicing Cucumbers-3
Small Cucumbers-7 Basil-1 bunch Optional Fruit Share- 1 bag each Apricots, Peaches, Sugar Plums

ZUCCHINI AVOCADO SALSA This a delicious alternative to regular salsa and more nutritious. It is great with chips or as a topping for burritos, tacos, or quesadillas.

2 small zucchini, diced (about 2 cups)	2 medium avocados, peeled, pitted, and diced	3 tablespoons minced fresh cilantro
1 cup fresh or frozen corn	2 tablespoons fresh lime juice (about 1 lime)	dash Tabasco sauce
3 green onions, sliced	1 clove garlic, crushed	salt and black pepper to taste

Steam zucchini and corn together just for 2 or 3 minutes until colors are bright. Place in a bowl with remaining ingredients together and chill for at least one hour. Yield: About 3 cups Variation: Add 1 to 2 cups diced tomatoes

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.

GREEN BEANS BRAISED WITH TOMATOES AND BASIL

3 tablespoons extra-virgin olive oil	2 large plum tomatoes, finely chopped (about 1 cup)
1 cup finely chopped white onion	1 cup (packed) fresh basil leaves
2 garlic cloves, minced	1/2 cup water
1 1/2 pounds green beans, trimmed	

Heat oil in large nonstick skillet over medium heat. Add onion and garlic and sauté until onion softens slightly, about 5 minutes. Add green beans, tomatoes, basil leaves, and 1/2 cup water. Cook until beans are crisp-tender, stirring and tossing occasionally, about 10 minutes. Season to taste with salt and pepper. Transfer to bowl and serve. Makes 6 servings.

WARM GREEN BEAN SALAD WITH TOASTED WALNUTS

<u>Dressing</u>	<u>Salad</u>
1 shallot, minced	3/4 pound haricots verts (see Note) or green beans, stem ends trimmed
1 tablespoon red-wine vinegar	2 tablespoons coarsely chopped walnuts
1 tablespoon Dijon mustard	1 1/2 cups cherry tomatoes, halved
1/4 teaspoon salt, or to taste	2 tablespoons chopped fresh parsley
Freshly ground pepper to taste	6 cups mâche (see Note) or Boston lettuce, torn into bite-size pieces
2 tablespoons walnut oil	

1. To prepare dressing: Whisk shallot, vinegar, mustard, salt and pepper in a small bowl. Gradually whisk in oil.
2. Cook haricots verts (or green beans), uncovered, in a large pot of boiling water until crisp-tender; 3 to 4 minutes for haricots verts, 4 to 6 minutes for green beans. Drain, refresh under cold water and pat dry.
3. Toast walnuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
4. To prepare salad: Combine beans, tomatoes and parsley in a large bowl. Toss with the dressing. Divide mâche (or lettuce) among 6 salad plates. Spoon bean mixture onto the greens, sprinkle with the walnuts and serve.

BASIL DIPPING OIL Just two ingredients combine for a complement to all kinds of bread.

2 cups chopped fresh basil leaves (about 2 [3/4-ounce] packages)
1/2 cup olive oil

Combine basil and oil in a small, heavy saucepan. Cook over medium-low heat until thermometer registers 180°. Reduce heat to low; cook 20 minutes (do not allow temperature to rise above 200°). Cool to room temperature. Drain oil mixture through a sieve into a bowl; discard solids.

CUCUMBER SALAD WITH MUSTARD DRESSING

2 English cucumbers
2 teaspoons salt
3 tablespoons Dijon mustard
1 teaspoon white-wine vinegar
1/4 teaspoon sugar
3 tablespoons chopped fresh dill leaves, optional

Cut cucumbers into 1/8-inch thick slices and in a bowl layer slices, sprinkling each layer with salt. Chill cucumbers, covered, 2 hours. In a colander drain cucumbers and rinse thoroughly. Drain cucumbers well and squeeze dry in handfuls. Pat cucumbers dry on towels. In a bowl stir together mustard, vinegar, and sugar and stir in cucumbers and dill.

BASIL PESTO

2 tablespoons pine nuts, toasted
2 large garlic cloves
2 3/4 cups fresh basil leaves (about 6 bunches)
2 tablespoons (1/2 ounce) grated fresh Parmesan cheese
2 teaspoons lemon juice
3 tablespoons extra-virgin olive oil

Drop pine nuts and garlic through food chute with food processor on, and process until minced. Add basil, cheese, and lemon juice; process until finely minced. With processor on, slowly pour oil through food chute; process until well-blended. Spoon into a zip-top heavy-duty plastic bag; store in refrigerator.

SUMMER SQUASH AND BASIL SOUP

2 tablespoons olive oil	6 cups Summer Vegetable Stock	1 1/2 tablespoons flour
1 1/4 pounds summer squash, roughly chopped	1/2 cup julienned basil	Salt and freshly ground pepper to taste
1 large onion, chopped	1 1/2 tablespoons butter, softened	Juice of 1 lemon

*Sour cream or plain yogurt as an accompaniment

Heat the oil in a large saucepan or stockpot, add zucchini and onion. Saute for 5 minutes or until onions are translucent and zucchini is crisp tender. Then add stock, bring to a boil, reduce heat and partially cover and cook for 25 minutes. Add basil during the last 5 minutes of cooking. Mix the butter and flour together into a paste. Remove 1 cup of simmering stock and whisk in butter mixture until smooth. Add back into soup, stir until thickened. Remove soup from heat to a blender and puree until smooth. Taste and season with salt and pepper. Add lemon juice and serve with a dollop of sour cream or yogurt.

BEETS- No other vegetable can match the ruby intensity of the beet. Lore has it that beets are good for your blood, literally and figuratively. So while they take a little time to cook, they're certainly worth it.

To cook beets: Wash the beets and trim the ends off before cooking. Place trimmed beets in a roasting pan and add a little water for steam. Roast the beets at 425 degrees F for 30 to 45 minutes (cover the pan with foil) or until the beets are easily pierced with a knife. Slip off the skins under running water and slice or dice. If boiling, cook the beets for 20 to 30 minutes, or until tender. If using a microwave oven, cook the beets with a little water for 8 to 15 minutes. Match beets with orange (juice and zest), ginger or both. Dress beets with a vinaigrette. Serve warm or at room temperature. Add some sweet onion, parsley, and hard-boiled egg chunks for a hearty salad. Keep the beet greens - you can cook and eat these like any other slightly bitter greens. If you're mixing beets with other vegetables (in a salad, for instance), cook and dress the beets separately and add them last. Their vivid color will seep into everything else otherwise.

PEPPER PREPARATION AND PREPARING

Wash peppers just before using them. Peppers, both sweet and hot, are delicious raw, grilled or added to cooked preparations. Roasting peppers, however, brings out a totally taste. It is quite a chore, but well worth it. Char thick-skinned peppers until the skin is black and blistered. They can be charred under a broiler, over an open flame or on the grill. While they are still hot, cover or place in a paper bag for 15 minutes and allow the steam to loosen the charred skins. Peel over a bowl to catch the juices, and use in your favorite recipe.