

Dear Member

Finally, moving into August. The summer time vegetables are starting to take over the share. Peppers are plentiful as well as a good share of Orient Express Eggplant. Tomatoes are finally starting to ripen. They have been extremely slow to ripen this summer, a bit of a surprise with all of the heat we've been having. The plants look very healthy and there are many green tomatoes so we're sure the tomato harvest will be good over the coming weeks. The summer squash and cucumbers just don't seem to end. Maybe you can share some with a neighbor or a co-worker if you have had your fill. Enjoy-Pete and Deb

Shares Include: Biscayne Frying Peppers-the long yellowish ones-4 Lilac Bell Peppers-4 Green Bell Peppers-4
Sweet Summer Onions-3 Bright Lights Swiss Chard-1 bunch Early Jersey Wakefield Cabbage-1 head
Green Beans-1 basket Summer Squash-12 Orient Express Eggplant-4 Slicing Cucumbers- Small Cucumbers- Sun Gold Cherry Tomatoes-1 basket Basil-1 bunch Fruit Share-1 bag each Nectarines, Plums, Apricots

Couscous Stuffed Eggplant

1/2 head garlic	1 teaspoon salt
4 small eggplants	1/2 teaspoon black pepper
2 to 3 tablespoons olive oil	3/4 cup uncooked couscous
1 medium onion, peeled and finely chopped	1/4 cup low-fat ricotta cheese
1 red bell pepper, cored, seeded, and cut into 1/4-inch dice	1/4 cup roughly chopped fresh parsley, plus more for garnish
	1/2 pound cherry tomatoes, cut into eighths

1. Heat oven to 400°. Wrap garlic in aluminum foil. Cook until cloves are soft, 20 to 30 minutes. Let cool, and squeeze the soft garlic from the cloves; set aside.
2. Cut 3 eggplant in half lengthwise, and place the 6 halves cut sides up on a cutting board. Using a paring knife, cut around the perimeters, leaving a 1/3-inch-wide border and being careful not to cut through skin. Cutting down through flesh, cut lengthwise into 1/4-inch-wide strips. Using a small spoon, scoop out the strips, keeping skin intact. Cut strips into 1/4-inch dice. Set both the diced eggplant and shells aside. Cut the remaining eggplant, skin on, into 1/4-inch dice. Set aside.
3. In a large skillet set over medium heat, warm 2 tablespoons olive oil. Add onion, and cook, stirring occasionally, until soft and slightly browned, 4 to 6 minutes. Add all diced eggplant, bell pepper, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Cover; cook, stirring occasionally, until browned, 6 to 8 minutes. If mixture starts to become dry, add the additional tablespoon olive oil. Set aside.
4. Place couscous in a medium heat-proof bowl. Pour 1 cup boiling water over couscous. Cover with a clean kitchen towel, and let sit until slightly cooled, 10 to 15 minutes. Fluff with a fork. Add ricotta, parsley, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper. Add the reserved eggplant mixture, the roasted garlic, and cherry tomatoes. Stir to combine.
5. Fill each reserved eggplant shell with couscous mixture. Cover with aluminum foil. Bake until warm throughout and shell has softened, 20 to 25 minutes. Remove foil, and continue cooking until tops are toasty brown, about 20 minutes. Remove from oven. Sprinkle with parsley, and serve. Serves 6.

THINGS TO DO WITH BASIL:

Basil is one of the most versatile herbs around.

Here are a few particularly good applications:

- Chop and mix into vinaigrette; pour over sliced Mozzarella cheese overlapped with sliced ripe tomatoes.
- Toss strawberries, pineapple, or melon with a little sugar, maple syrup or honey; sprinkle on chopped basil.
- Basil Cream:** blanch basil for a few seconds; plunge into cold water; drain. Mix with a few tbsp of heavy cream, heat through, season with salt and pepper and serve over anything.
- Pesto:** blanch a cup of fresh basil leaves (washed well); plunge into ice water; drain and pat dry. Puree until smooth with 3 tbsp pine nuts (toasted until golden, cooled), 3 tbsp freshly grated Parmesan, 1 small garlic clove or garlicscape, 4 tbsp olive oil. Season with salt and pepper.

SQUASH "PIZZA"

2 medium zucchini, quartered lengthwise
2 medium yellow squash, quartered lengthwise
4 tbsp olive oil, divided
Salt and freshly milled blk pepper
1 medium tomato chopped
1 chopped scallion or Spanish onion
1 1/2 tsp chopped fresh thyme or 1/2 tsp dried thyme
1/4 cup fresh basil leaves, washed, dried, and chopped
1 cup cheddar cheese

Preheat oven to 400 degrees. Oil ovenproof baking dish. Alternate zucchini and squash, cut-side up, in dish. Drizzle squashes with oil and season with salt and pepper, to taste. sprinkle tomato, onion, thyme and basil over squash; top with cheese. Bake, uncovered, until cheese is melted and zucchini and squash soften, about 20 min.

BRUSCHETTA WITH SAUTEED GREENS

1 Tbsp plus 12 tsp 1 Tbsp minced garlic 8 oz. greens, stems removed, leaves sliced 4 slices country style bread,
toasted each slice cut in half crosswise salt and pepper

Heat 1 tbsp oil in skillet over medium heat. Add garlic, stir for 15 seconds. Add greens and sauté until tender about 3 minutes. Place toasts on platter. Drizzle 1 ½ tsp oil over each toast. Top with greens. Salt and pepper.

CARMALIZED CABBAGE AND NOODLES

1 TB butter 1 head of green cabbage, cored and shredded
4 TB extra virgin olive oil 1 TB honey
1 large sweet onion, thinly sliced 1 tsp fresh ground pepper
2 cloves of garlic, minced 2 TB poppy seed
¼ pound whole wheat noodles (or soba or udon)

Heat the butter and oil. Cook the onion until very soft, about 10 minutes. Add the garlic and cabbage and cook until limp, about 5 minutes. Stir in the honey and continue cooking until the cabbage turns golden brown, about 20 minutes. Stir in the pepper and poppy seed and toss with the noodles.

EASY RATATOUILLE

2 large onions chopped 2 large eggplant, cut into chunks 2 tbsp chopped basil
2 green peppers, cut into chunks 2 cloves garlic, crushed 1 tbsp oregano
6 summer squash, cut into chunks 4 cups chopped tomatoes 2 tbsp parsley flakes

Place all ingredients into a large pot. Cover. Cook over medium-low heat about 60 min. Stir occasionally. Serve hot or cold. *Serve over noodles, grains, potatoes, or stuffed pita bread.*

SWISS CHARD WITH GOLDEN RAISONS & PINE NUTS

2 pounds Swiss chard, rinsed and drained
4 tbsp golden raisons, soaked in warm water
2 anchovies, finely chopped, & 2 tbsp sherry wine vinegar, optional
4 tbsp toasted pine nuts
4 tbsp olive oil
2 — 3 tbsp chopped garlic

salt and pepper

Remove chard greens and chop stems into small pieces; keep separate. Heat oil in large skillet. Add stems in a few tbsp water; cover, cook 3-4 min. Uncover, continue cooking until moisture has evaporated. Add greens, raisons, garlic, and optional salt, pepper to taste. Cook, covered until tender, 3-4 min. Garnish with pine nuts.

VERSATILE STEAMED EGGPLANT Use in stews, for topping pizza, on French bread sandwiches topped with mozzarella cheese, spread with goat cheese or in wraps. **Ingredients:** *1 medium onion, quartered and thinly sliced & 1 medium-large eggplant*

1. Combine onion with ¼ cup water in deep saucepan or stir-fry pan. Bring to a simmer, cover, and cook over medium-low heat while preparing the eggplant.

2. Cut the eggplant into ½ inch thick slices, then peel it. Cut each slice in half crosswise, then slice into ¼ inch thick strips. Add to saucepan along with another ½ cup water. Cover and steam, stirring occasionally, until eggplant is tender but not mushy, about 8 minutes. Keep bottom of saucepan moist, but not too liquidy, using a little more water if needed. Season with salt and pepper.

SWISS CHARD WITH BLACK- EYED PEAS

1 bunch swiss chard or other greens Wash greens and discard stems. Chop leaves coarsely. Heat oil in soup pot. Add
2 tbsp olive oil onion and sauté until golden. Add greens, cover and steam until tender (just water
1 large onion, quartered and thinly sliced clinging to greens is sufficient), 3-5 min. Stir in black-eyed peas and vinegar. Season
16 oz can of black-eyed peas Cook just until everything is heated through, and serve.
2 tbsp balsamic vinegar or apple cider vinegar

BABA GHANOUJ *This classic dip is delicious on pita bread.*

2 medium eggplants 3-4 garlic cloves minced juice of ½ -1 lemon, to taste
1 tbsp olive oil ¼ cup tahini (sesame paste) Salt and pepper, to taste

• Preheat oven to 475. Place whole eggplants on foil-lined baking sheet. Bake, turning once or twice, until eggplants have completely collapsed, 40-50 min. Remove and let cool. When cool remove stems and slip off the peels. Heat oil in skillet and add garlic, sauté on LOW heat, 2 min until golden. Combine eggplant pulp, garlic, tahini, and lemon juice in a food processor. Process until mixture is a slightly chunky puree. Season and serve at room temperature.