

Dear Member,

In a grand flurry of orange, the Sun Gold Cherry Tomatoes are finally ripening. For such a hot summer the tomatoes are very slow to ripen. We picked all of the summer onions for your share this week and they are all sizes. They will not keep very long, so use them up within the next week or two. We harvested the garlic last week and it is hanging in the barn drying. Next week the storage onions will be harvested. We cure them in the greenhouse on the benches that held all our transplants this spring. Pete rigged up a huge barn fan in the doorway to keep the air circulating. Vegetables that will be ready for your share this fall. Enjoy-Pete and Deb

Shares include: Sun Gold Cherry Tomatoes-1 basket Slicing Tomatoes-2 Cucumbers-4 Beets-1 bunch
Lipstick Sweet Peppers-11 (*sold as some of the sweetest heirloom peppers, this is the first year we have tried them. They are small but very good.*) Summer Squash-7 Summer Onions-6 Perpetual Spinach-1 bunch Louisiana Long Green Eggplant-2 *A new addition to our crop plan this year. Looks a lot like the Orient Express, only green.* Opal Basil-1 bunch. *Emerse in a very light, clear vinegar. Will change to a beautiful pink. Great for dressings.* Optional Fruit Share-1 bag each peaches, nectarines and Shiro Plums.

ABOUT SUMMER SQUASH *We receive several types summer squash; they can all be prepared in the same way.*

Pattypans are often hollowed out and stuffed with rice and vegetables.

To store: Store in perforated plastic bags in the refrigerator crisper.

To prepare: Simply rinse; never peel summer squash. Small cubes or matchsticks are delicious on summer salads or raw vegetables. cook them quickly as possible in as little liquid as possible in as little liquid as possible.

To boil: Bring 4 quarts of water and 1 tbsp salt to a rolling boil. Add squash and cook until tender but still crisp (2-4 min for cubes or matchsticks, 4-6 min for halves or quarters). Drain.

To steam: Place prepared squash in steamer basket over 1-2 inches of boiling water. Cook, cover, until tender but still crisp (4-6 minutes for baby squash or matchsticks, 7-10 min. for quarters or halves).

To roast: Slice or quarter large squash; cut small squash in half. Brush with oil; sprinkle with herbs or salt. Place in 400 degree oven for 10-15 minutes, until soft.

To sauté: Slice, dice, quarter or halve (for small squash) the squash. Heat 2 tbsp olive oil in a skillet over high heat; if desired, add 2 tbsp parsley or 2 cloves chopped garlic and sauté briefly.

TO COOK BEETS

Baking/roasting: Trim the beets, removing the stem and root ends. Wrap in aluminum foil (if small wrap 5-8 together). Bake directly on the oven rack in a preheated oven (425 degrees) until tender, approximately 50 minutes for med/lg beets, less for smaller beets. When the beets are cool enough to handle, slip off the skins under running water (this helps prevent purple fingers).

Boiling: Bring water to a boil in a large pan. Place the whole beet (ends trimmed) and return to a boil. Lower the heat. Boil the beets, covered, until they are tender and can be pierced with a paring knife; approximately 40 minutes. Allow the beets to cool. Then peel.

GINGER BEETS

1 bunch of beets (6 medium beets or equivalent)

2tbsp butter or ghee

1 tbsp honey

½ tsp finely chopped fresh ginger (powdered is ok too)

½ tsp soy sauce

-Boil or steam the beets until partially tender. Run cool water over them and peel. Leave whole or slice.

-In a saucepan combine butter, honey, ginger, soy and heat. brush over the beets and place them in a frying pan, grilling basket or on a hot grill. Basting frequently, cook for 8-10 min.

SAUTEED SPINACH WITH CHOPPED EGG

3 large eggs

1 teaspoon vegetable oil, divided

1 cup chopped onion, divided

-Place eggs in a large saucepan. Cover with water to 1 inch above eggs, and bring just to a boil. Remove from heat. Cover and let stand 15 minutes. Drain and rinse with cold running water until cool. Remove shells. Cut 2 eggs in half lengthwise, and remove and discard the yolks. Coarsely chop egg whites and remaining egg.

-Heat 1/2 teaspoon oil in a large Dutch oven over medium-high heat. Add 1/2 cup onion, and sauté 5 minutes or until browned. Add 1/2 teaspoon red pepper; sauté 30 seconds. Add half of spinach; sauté 3 minutes or until wilted. Remove from pan. Repeat procedure with the remaining oil, onion, red pepper, and spinach. Place the spinach mixture in a colander, and drain well. Return spinach mixture to pan; stir in salt and black pepper. Cook over medium-high heat 2 minutes or until thoroughly heated, stirring constantly. Sprinkle with the chopped egg.

1 teaspoon crushed red pepper, divided

5 (6-ounce) packages fresh baby spinach, divided

3/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Red Snapper over Sautéed Spinach and Tomatoes

3 tablespoons country-style Dijon mustard
3 tablespoons reduced-fat Italian dressing
4 (6-ounce) red snapper fillets
Cooking spray

1/2 cup chopped onion
1 (10-ounce) pkg fresh spinach (about 10 cups)
1 cup chopped red or yellow tomato
4 lemon wedges

Preheat broiler. Combine mustard and dressing, stirring with a whisk. Arrange fish, skin side down, on a foil-lined baking sheet coated with cooking spray. Brush half of mustard mixture over fish. Broil fish 8 minutes or until fish flakes easily when tested with a fork. While fish cooks, combine onion and remaining mustard mixture in a large nonstick skillet over medium heat. Cover and cook 2 minutes. Add half of spinach; cover and cook 1 minute or until spinach wilts. Add remaining spinach and tomato; cover and cook 1 minute or until spinach wilts. Stir well to combine. Serve fish over spinach mixture; serve with lemon wedges.

CHERRY TOMATOES AND CUCUMBER SPEARS WITH SPICED SALT

3 seedless cucumbers (usually plastic-wrapped),
halved crosswise, then each half cut lengthwise into 8 spears
1/4 cup kosher salt
1 teaspoon cayenne

1/2 teaspoon black pepper
2 pt cherry tomatoes
1 lime, halved

Chill cucumber spears in a large bowl of ice and cold water 15 minutes, then arrange in a serving bowl filled with ice.

Stir together kosher salt, cayenne, and black pepper in a small serving bowl for dipping vegetables. Arrange cherry tomatoes in serving bowls, then squeeze lime over them just before serving (juice helps salt adhere to tomatoes).

CHERRY TOMATOES WITH FRESH HERBS

1 12-ounce basket cherry tomatoes
1 1/2 teaspoons olive oil
4 teaspoons chopped mixed fresh herbs (such as oregano and thyme)

Blanch tomatoes in medium pot of boiling water 30 seconds. Drain. Rinse under cold water. Drain. Peel tomatoes. (Can be made 4 hours ahead. Cover and chill). Heat oil in heavy large skillet over high heat. Add herbs and tomatoes and stir until tomatoes are coated with herbs, about 1 minute. Remove from heat. Season to taste with salt and pepper. Transfer to bowl and serve.

EGGPLANT PILAF WITH PISTACHIOS AND CINNAMON

1 small eggplant (1/2 lb), cut into 1/2-inch cubes
2 tablespoons salt
1/4 cup extra-virgin olive oil
2 medium onions, finely chopped
1 cup white basmati rice

1 1/2 cups water
1/4 cup raisins or dried currants
3/4 teaspoon cinnamon
1 large tomato, peeled seeded, and finely chopped
1/4 cup chopped fresh dill
1/4 cup shelled natural pistachios, coarsely chopped

Cover eggplant with water in a bowl and add 1 1/2 tablespoons salt. Soak 30 minutes. Drain eggplant and squeeze handfuls to remove excess moisture, then pat dry.

Heat 2 tablespoons oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté eggplant, stirring occasionally, until tender and browned, about 7 minutes. Cool eggplant.

Cook onions in remaining 2 tablespoons oil in a 3- to 4-quart heavy saucepan over moderate heat, stirring, until softened. Add rice and cook, stirring, 2 minutes. Add 1 1/2 cups water, raisins, remaining 1/2 tablespoon salt, and cinnamon and bring to a boil. Reduce heat to low and cook, covered and undisturbed, until rice is tender, about 12 minutes.

Fluff rice with a fork and gently stir in tomato and eggplant. Let stand, covered, 5 minutes. Uncover and cool 10 minutes. Stir in dill, then transfer pilaf to a serving bowl or platter and sprinkle with pistachios.

OVEN FRIED ZUCCHINI STICKS

Canola oil cooking spray
1/2 cup whole-wheat flour
1/2 cup all-purpose flour
2 tablespoons cornmeal

1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 1/2 pounds zucchini (about 3 medium), cut into 1/2-by-3-inch sticks
2 egg whites, lightly beaten

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