

Dear Member,

Perfect summer weather and all kinds of tomatoes and peppers are ready for harvest. The Sungold Cherry Tomatoes are producing huge amounts right now and so we picked a pint basket for each share. Slicing tomatoes are finally ripening up and I don't think there is anything much more delicious than a fresh tomato sliced on a sandwich. The peppers are Biscayne, a sweet pepper and also Pablano and Chili Peppers. The Pablano and Chilies are a bit hot and you should take a bit of care when cutting them. I thought that some members might like to have a few suggestions for using the hotter peppers. If you go on line and type in Pablano Pepper Recipes, you will have a multitude of recipes. I found one on AAA-recipes.com/ for "Napa Valley Grille Sour Pepper Slaw " that used many of the vegetables that were in the share this week. I have copied the recipe at the end of the list. It tastes a lot like my Great Aunt Marion's Three Bean Salad with out the beans. It is very good but I think I will add a can of drained red kidney beans for a bit of variation in texture.

Also new this week are the Edamame or Soy Beans. They are young and a bit small but if we don't start picking them when they are this size they get too big and are no longer good fresh. Just pick them from the stalk and steam them for five minutes. Drain, salt and pop them from the pod.

*On **September 9th** we will be holding our **10th CSA Year Celebration Farm Visit**. The time will be from 11:30-4:00. We have a neighbor with his draft horses and wagon coming to give rides around the field, a Pig Roast, members providing musical entertainment, walks around the field and a time to sit down and enjoy eating together. We're asking members that attend to bring along a dish to share so we have a huge pot luck luncheon. We will have tables and index cards so the dishes can be labeled so there will be foods for everyone. We will have a table for vegetarian dishes and a dessert table. Drinks and place settings will be provided. Hope you can attend. Enjoy the vegetables. Pete and Deb*

**Vegetable Share:** Early Jersey Wakefield Cabbage-1 head      New Red Potatoes-1 quart or two pounds      Summer Onions-1 bunch  
Edamame-1 bunch      Peppers: Biscayne-Cubanelle, sweet, yellow-4      Pablano-green, mildly hot-4      Chili-green or red, mildly hot-4  
Eggplant-it will be either Orient Express-long, purple, Louisiana Long Green, Fairy Tale-thin, pink and white-5      Parsley-1 bunch  
Sungold Cherry Tomatoes-1 pint basket      Slicing Tomatoes      Fruit Share: Peaches, Nectarines-1 large bag

**Napa Valley Grille Sour Pepper Slaw**, Chef L. Eric Scherwinski

4 sweet peppers-the Biscayne are good	2 ounces rice wine vinegar
2 Pablano peppers	2 ounces orange juice
2 chili peppers	1/2 cup granulated sugar
1 sweet onion-red or the summer onions in the share taste fine, too	1/4 cup extra virgin olive oil

Julienne peppers and onions. Mix all ingredients together in a bowl and season to taste with salt, pepper and Tabasco.

**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

**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.

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**How to cook Edamame:** Boil the pods in the unsalted or salted water for 10 minutes and then shell the beans inside, simply by squeezing beans out of the pods, for eating. This is the Japanese way to enjoy Edamame soybeans, excellent for snacks and appetizers. The cooked or uncooked pods can be stored in the freezer for later uses. In China and other areas, the shelled raw edible soybeans are cooked with meat or mixed with other vegetables for various dishes. Beans are very tasty and delicious

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### **Edamame with Mustard Vinaigrette**

1 1/2 tablespoons red wine vinegar  
1 tablespoon Dijon mustard  
1/2 teaspoon sea salt  
1 teaspoon extra-virgin olive oil  
1 pound edamame  
1 cup thinly sliced red onion  
1/2 cup finely chopped celery  
1 tablespoon chopped fresh parsley

Combine first 3 ingredients in a large bowl, stirring with a whisk. Add oil, stirring with a whisk until well combined. Cook edamame in boiling water (see above). Add onion and celery to water for 1 minute. Drain well. Add edamame mixture to vinaigrette; toss well to coat. Stir in parsley. Chill 1 hour. 6 servings

### **Eggplant Casserole** 4 servings

3 tb oil  
1 lg onion, chopped  
1 md eggplant, peeled and cubed  
1/4 c green pepper, diced  
11 oz tomato and mushroom sauce  
1 tsp salt  
1/2 tsp pepper  
2 lg tomatoes, diced  
1 1/2 c matzo farfel

Saute onions in oil til tender. Combine onions, eggplant, green pepper, tomato mushroom sauce and seasoning. Cook, covered, for 15 minutes or til eggplant is tender. Stir in tomatoes. In a 2 quart baking dish, arrange in alternate layers the vegetables and matzo farfel. Begin and end with the vegetables. Bake at 350 degrees (uncovered) for 25 minutes.

### **Aromatic cabbage**

1 Cabbage; small    2 Onions; medium    3 tbsp Vegetable oil    1/2 tsp Cumin seeds, whole    1/2 tsp Fennel seeds, whole  
4 tsp Sesame seeds    1/2 tsp -Salt

Remove coarse outer leaves from cabbage, quarter and core. Cut into fine fine shred, either by hand or with food processor. Set aside. Peel onions; cut in half lengthwise. Cut crosswise into thin half rings; set aside. In large wok or large wide pot over medium heat, heat oil. When very hot, add the cumin and the fennel seeds. As soon as the seeds turn a shade darker (just a few minutes) toss in the sesame seeds. Stir for a second before adding onions. Stir fry 2 or 3 minutes or 'til browned on the edges. Cover tightly and turn heat to low. Cook 2-3 minutes or 'til cabbage wilts. Uncover and cook over high heat, stir fry 5 minutes or 'til vegetables are very tender. SERVES: 6

### **Tomato Brushetta**

4 large cloves garlic, pressed or minced  
4 medium-sized ripe tomatoes, cubed  
2 tsp. olive oil  
Salt & to freshly ground black pepper to taste  
4 Tbs. minced fresh basil, plus more for garnish if desired  
12 large slices whole grain bread, sliced about 1"thick

Stir together garlic and tomato to a coarse consistency. Add oil to a small skillet over moderate heat. Add tomato-garlic mixture; cook, stirring often, until liquid has reduced and mixture has thickened, about 10 minutes. Season with salt and pepper. Stir in basil; remove from heat. Toast bread on both sides. Spread with tomato mixture, garnish with basil if desired and serve immediately. Makes 12 servings

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

2 medium eggplants    3-4 garlic cloves minced    juice of \_ -1 lemon, to taste  
1 tbsp olive oil    \_ 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.