

Dear Member,

Long time member Patricia was wondering why there was a scarcity of summer squash this year and I thought that others may be wondering the same. The first planting of squash and cucumbers succumbed to a disease that attached the leaves and left the plants with very little healthy leaf cover. It was the extreme wet spring that we had and there is little we can do about such a wide spreading disease. We didn't want the disease to spread to the winter squash and hurt our fall harvest of winter squash so we tilled under the summer squash and cucumber plants. We replanted summer squash for a second harvest but with the colder temperatures the squash has been very slow to produce any flowers. We hope to have a few more weeks of summer squash from the second planting but will need to wait and see. The diseases were isolated to the early planted viney crops like the summer squash, cucumbers and melons and did not spread to the winter squash that was planted a few weeks later than the summer crops. I'm not sure we will get any melons as they take a longer time and need a good leaf cover to produce a crop. Plants like the tomatoes, eggplant and peppers were not affected and have flourished. Weather rules the garden and we need to work with what is sent our way.

This will be the last week for summer cabbage and summer onions. We planted fall cabbage and have storage onions curing in the greenhouse for later this fall. There are still lettuce, tomatoes and peppers for a wonderful summer salad. Enjoy the vegetables. Pete and Deb

SHARES INCLUDE: Cabbage-1 head Beets-1 bunch Summer Onions-1 bunch Red Sails Leaf Lettuce-1 head
Romaine-1 head Edamame-1 bunch Tomatoes-3 pounds or 1 full quart Sun Gold Cherry Tomatoes-1 basket
Lipstick Red/Green Pepper-shaped like a Pablano **but sweet**, an heirloom-4 Green Bell Pepper-4 Black Bell Eggplant-1
Potatoes-2 pounds or 1 quart basket Basil-1 bunch **Fruit Share-** 1 bag Plums, 1 bag Bartlett Pears, Ginger Gold Apples

NOTE: Edamame--We have had day after day of rain and the stalks are a bit dirty. We really can't wash the plants so pick the pods from the plants, rinse good and steam.

Brown Rice & Chicken Stirfry with Edamame and Walnuts

- 1/2 cup coarsely chopped walnuts
 - 4 tablespoons tamari soy sauce* or low-sodium soy sauce
 - 2 skinless boneless chicken breast halves, thinly sliced crosswise
 - 1 teaspoon honey
 - 4 teaspoons oriental sesame oil
- 4 teaspoons minced fresh ginger
 - 3 garlic cloves, minced
 - 1 1/2 cups short-grain brown rice, cooked and cooled
 - 2 cups shelled cooked edamame beans
 - 2/3 cup chopped green onions

Directions:

1. Shell the edamame beans. Put the beans in boiling water for 1 minute. Drain the beans and run under cold water.
2. Stir walnuts in medium nonstick skillet over medium heat until lightly toasted, about 3 minutes.
3. Drizzle 2 tablespoons tamari over walnuts; stir until tamari coats walnuts, about 45 seconds. Cool. (Can be made 3 days ahead. Store at room temperature in airtight container.)
4. Combine chicken, 2 tablespoons tamari and honey in medium bowl; toss to coat. Let stand 15 minutes.
5. Heat oil in large nonstick skillet over high heat. Add chicken and stir-fry 2 minutes.
6. Add ginger and garlic and stir-fry 30 seconds.
7. Add cooked rice and edamame; reduce heat to medium and stir-fry until heated through, about 5 minutes.
8. Season with salt and pepper.
9. Divide rice mixture among plates. Sprinkle with green onions and walnuts.

Serves: 6

Cabbage With Capers

- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons butter
- 1 small sprinkling of ground cloves
- 1 medium head Savoy or new cabbage, shredded
- 1/2 cup chopped cooked lean ham
- 2 tablespoons capers, drained
- 1 tablespoon vinegar - white or cider
- 1 cup canned tomatoes or 2 fresh tomatoes, chopped
- Salt & pepper to taste

Directions:

1. Sauté onion and garlic in butter until yellow. Add cloves.
2. Add cabbage and sauté, covered, stirring occasionally, until wilted.
3. Add remaining ingredients and cook, covered, until tender - about 15 minutes. Add water if mixture becomes too dry.

Napa Valley Grille Sour Pepper Slaw

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

Directions:

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

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Wilted Cabbage In Mustard Seed

- 1 small head cabbage
- 1 heaping tbsp. coarse or kosher salt
- 2 small scallions, finely chopped
- 4 tbsp. lemon juice
- 3/4 tsp. black or yellow mustard seed, or caraway seed

Shred cabbage finely. Sprinkle with salt. Let stand in a colander until wilted, about 20 minutes. Squeeze cabbage to expel liquid. Rinse briefly, squeeze again. Place in a bowl with scallions, oil and fresh lemon juice. In a dry frying pan, lightly toast mustard seeds until they pop. Stir into cabbage salad, mix well and serve.

Roasted Beet Salad

- 8 beets (about 2 pounds)
- 5 tablespoons rice vinegar, divided
- 1/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 8 cups gourmet salad greens (about 8 ounces)
- 2 teaspoons olive oil
- 1 (1/8-inch-thick) slice red onion, separated into rings

Directions:

1. Preheat oven to 375
2. Trim off beet stems and roots. Wrap each beet in foil; bake at 375 degrees for 45 minutes or until tender.
3. Cool beets to room temperature; peel and cut into 1/4-inch-thick slices.
4. Combine beets, 4 tablespoons vinegar, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a bowl; toss well.
5. Combine 1 tablespoon vinegar, 1/8 teaspoon salt, 1/8 teaspoon pepper, salad greens, and oil in a large bowl; toss well.
6. Place 2 cups salad greens mixture on each of 4 plates; top with beets and onion rings. **Prep Time:** 1 hour, 15 minutes

Pureed Beet Salad

- 1 good-sized beet (about 6 oz)—OR use 5 smallish ones
- 4 tablespoons walnuts
- 1 slice of stale bread (a small boiled potato can be used instead)

- 1 garlic clove, peeled and chopped
- 6 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon salt, or to taste

Directions: Cover beets well with water and boil until tender, about 40 minutes. Drain. Chop coarsely. In a food processor, combine all ingredients. Blend until smooth.

Brown Rice and Tomato Salad

Ingredients:

- 2 1/4 cups water
- 1 cup long-grain brown rice
- 2 tsp. salt
- 2 Tbs. red wine vinegar or lemon juice
- 2 tsp. sugar
- 2 Tbs. olive oil
- 6 medium tomatoes (about 1 1/2 pounds), seeded and cut into 1/2 inch pieces
- 1 cup chopped fresh herbs (cilantro, dill, parsley, basil, and/or mint)
- 4 scallions, finely chopped
- salt and pepper, to taste

- In a medium saucepan, bring water to boil. Mix in rice and salt and bring back to a boil.
- Reduce heat to low, cover, and simmer until rice is tender and water is absorbed, about 40 minutes.
- In the meanwhile, whisk vinegar and sugar together in a small bowl. Gradually whisk in oil.
- When rice is done, transfer rice to a large bowl, fluff with fork and cool. Toss together rice with dressing and tomatoes, herbs, scallions, and salt and pepper. Enjoy!

Gazpacho

- 1 & 1/3 pounds of mostly slicing tomatoes
- 4 ribs of celery diced
- 6 scallions diced
- 1 large cucumber-cut in half lengthwise, seeds removed, and diced
- 1 medium red onion-finely diced
- One half cup of cilantro leaves-roughly chopped
- 1 to 3 serrano peppers-seeds discarded and finely diced
- 1 lime-juiced
- 1 jalapeno pepper-seeds discarded and finely diced
- 2 garlic cloves-crushed to paste
- 2 tbs sherry or raspberry vinegar
- One quarter cup extra virgin olive oil
- Salt and black pepper to taste
- Tabasco sauce to taste
- Plain yogurt or sour cream to garnish

1. Cut the tomatoes in half and squeeze the seeds and pulp into a strainer.
2. Push down on the seeds and pulp to extract the juice into a bowl.
3. Discard the seeds.
4. Dice the remaining tomatoe meat and add the remaining ingredients into the strained tomatoe juice, except the salt, pepper and tabasco sauce.
5. Taste and correct seasoning with salt, pepper and tabasco sauce.
6. Serve ice cold with a dollop of plain yogurt or sour cream.