

Dear Member,

Summer is leaving on a beautiful note. Warmth and sunshine are welcome as we finish some of the summertime crops. This will be the last week for a couple of tomatoes for each share, eggplant, Lipstick Peppers and Lilac Peppers. The plentiful rain has been beneficial for the growth of the fall greens. New this week is Siberian Kale. It is a large, green kale that is very tender and has an exceptional flavor. This is a new variety for us and we have been very pleased with it. We are also picking turnip greens for the first time. The plant is a Brassica like Mustard Greens and the flavor is very similar. For the first time in all the years that I have been seeding transplants for the CSA, I was also able to germinate and propagate Rosemary in a quantity that is sufficient for CSA harvest. Rosemary is a very difficult plant to grow from seed and I am proud to finally have success.

There are still a couple of items that have not been claimed from the Farm Visit: a Tupperware rectangular container with lid, a clear plastic serving spoon and a white Pyrex serving spoon a purple sweat shirt and also an electrical cord. If any of these belong to you, please let me know and I'll send them with the vegetable share next week. Enjoy the vegetables-Pete and Deb

**SHARES INCLUDE:** Leeks-1 bunch      Black Bell Eggplant -2 each      Lipstick Peppers-4      Lilac Peppers-2  
Green Bell Peppers-2      Siberian Kale-1 bunch      Turnip Greens-1 bunch      Summer Squash- 1 lb      Rosemary-1 bunch  
Potatoes-1 quart or 2 pounds      Tomatoes-1 lb      *Fruit Share*-1 bag with Macintosh Apples, Nectarines, 1 quart of Concord Grapes

**PLEASE NOTE THAT TOMATO QUALITY IS NOT THE BEST. THESE WILL BE THE LAST.**

### STUFFED PEPPERS

4 large green bell peppers	1/4 teaspoon Pepper
1 to 1 1/2 pounds lean ground beef	1 can (12 to 14 ounces) whole kernel corn, drained
2 tablespoons chopped onions	1 1/2 cups cooked rice
1/2 teaspoon seasoned or regular salt	1 can (8 ounces) tomato sauce

Directions: Cut tops off peppers; remove seeds and membranes. Cook peppers in simmering water to cover for 10 to 15 minutes. Brown ground beef and onions; pour off excess grease.

### SAUTEED TURNIP GREENS

1 lb. fresh turnip greens	1/3 c. minced green pepper	1/2 tsp. sugar
1 tsp. salt	2 tsp. fresh lemon juice	2 strips bacon
1 hard cooked egg	1/3 c. chopped onion	1/4 tsp. black pepper

Wash turnip greens thoroughly. Trim off coarse stems. Fry bacon until crisp and remove it from the fat. Save for later use. Add onion and green pepper to bacon fat and saute until limp. Coarsely chop turnip greens and add to onions and green pepper. Stir to mix well. Cover tightly and cook 10 - 15 minutes, or until tender. Add salt, black pepper, sugar and lemon juice. Toss lightly. Turn into serving dish and garnish with crisp, crumbled bacon and slices of hard cooked egg. Yield: 4 servings.

### ROASTED ROSEMARY NEW POTATOES

3 lbs. sm. red skinned new potatoes	3/4 c. unsalted butter	1/2 c. lemon juice	1 1/2 tsp. lemon zest, grated
2 tsp. rosemary	Salt and pepper		

Preheat oven to 375 degrees. Quarter potatoes and arrange in baking dish in single layer. Salt and pepper potatoes. Combine butter, lemon juice and lemon zest in a saucepan and heat until butter is melted. Pour mixture over potatoes. Sprinkle rosemary over potatoes. Bake until lightly browned for 30 to 45 minutes. Serves 6.

### CHICKEN WITH POTATOES AND ROSEMARY

1 (2-4 lb.) chicken, cut in pieces	2 cloves garlic, chopped	1 tbsp. chopped rosemary	Salt and pepper to taste
4 tbsp. olive oil	1 c. white wine	4-5 potatoes, cut into 1/4 inch slices	

Wash and dry chicken. Saute chicken pieces and garlic in 2 tablespoons of olive oil, over medium heat in uncovered oven proof casserole. Turn chicken often. When chicken begins to brown, drain off most of the oil. Add wine, rosemary and cover and simmer for about 5 minutes. Add potatoes, salt, and pepper.

Cover casserole and place in oven. Bake, stirring occasionally, until potatoes are tender, about 15 minutes. Add a little chicken broth (dried package mix, diluted in hot water). Do not, however, add too much liquid because this dish should be rather dry. Watch potatoes. Try not to let them get too soft and disintegrate. Serve very hot.

## KALE LOAF

1/4 c. celery leaves	1/4 c. vegetable stock	1/4 c. cooked, diced carrots
3 tbsp. butter	1 1/2 c. cooked, chopped kale	1 1/2 c. cooked rice
1 tbsp. flour	1 egg, beaten	1 tbsp. salt
		2 slices bacon

Saute celery leaves in butter. Add flour, stock, kale, egg, carrots, rice, and salt. Shape into loaf. Place bacon slices across top. Bake at 400 degrees for 30 or 40 minutes. Yield: 8 servings.

## TOMATOES AND KALE

1-1/2 bunches kale (1 to 2 lbs.)	1 tsp. cumin seeds or ground cumin	1/2 c. peas
1 sm. Onion	1/2 c. tomato paste	Salt (if needed)
1 clove garlic	1 c. tomatoes, chopped	

Wash kale; strip off stems and chop. You should have 12 cups, more or less. Steam until tender and drain. Meantime, saute onion (and garlic, if desired) in non-stick pan with water as needed, adding cumin when onion is soft. Continue to cook a moment more until the cumin is frafrant. Add the tomato paste and tomatoes; stir to heat through. Add peas, cooking until tender, then add kale. If you have used canned tomatoes or frozen peas, you may not need to add more salt; check and adjust salt to taste. Makes about 4 cups. Variation: Instead of peas, add a cup of cubed steamed potato or winter squash.

## Leeks

With a more delicate and sweeter flavor than onions, leeks add a subtle touch to recipes without overpowering the other flavors that are present. Although leeks are available throughout the year they are in season from the fall through the early part of spring when they are at their best. Leeks are related to onions, shallots and scallions to which they bear a resemblance. They look like large scallions having a very small bulb and a long white cylindrical stalk of superimposed layers that flows into green, tightly wrapped, flat leaves.

**Health Benefits-** Leeks, like garlic and onions, belong to a vegetable family called the *Allium* vegetables. Since leek is related to garlic and onions, it contains many of the same beneficial compounds found in these well-researched, health-promoting vegetables.

**Tips for Cooking with Leeks:** Before preparing leeks, clean them thoroughly to remove any soil that may have gotten caught within the overlapping layers of this root vegetable. First, trim the rootlets and a portion of the green tops and remove the outer layer. For all preparations except cutting into cross sections, make a lengthwise incision to the centerline, fold it open, and run the leek under cool water. If your recipe calls for cross sections, first cut it into the desired pieces, then place the sliced leek in a colander and run under cool water.

## ***A Few Quick Serving Ideas for Leeks:***

- Healthy Sauté leeks and fennel. Garnish with fresh lemon juice and thyme.
- Add finely chopped leeks to salads.
- Make vichyssoise, a cold soup made from puréed cooked leeks and potatoes.
- Add leeks to broth and stews for extra flavoring.
- Braised leeks sprinkled with fennel or mustard seeds makes a wonderful side dish for fish, poultry or steak.
- Add sliced leeks to your favorite omelet or frittata recipe.

## EASY LEEK QUICHE

1 pk (11 ounce) refrigerated bread stick dough  
1 tsp Olive oil  
1 md Leek, thinly sliced, (1 1/2 cup)  
1 Clove garlic, minced  
3 Green or red bell pepper rings, (optional) (up to 5)  
3/4 cup Nonfat mozzarella cheese, shredded/part skim  
1 cup Evaporated skim milk  
3 eggs, beaten  
1 1/2 tsp Cornstarch  
1/4 tsp Freshly ground pepper  
1/8 tsp Ground nutmeg  
1 1/4 cup Finely chopped turkey ham, (opt)  
Grated Parmesan cheese, (opt)

Heat oven to 350 F. Spray 10" pie plate with nonstick vegetable cooking spray. Set aside. Separate and unroll individual bread sticks. On flat surface, coil strips of dough into circle. Using rolling pin roll dough into 13" circle. Press dough into bottom and up sides of prepared pie plate. (Dough will shrink back slightly when pressing.) Set aside. In 10" nonstick skillet, heat oil over Medium heat. Add leek and garlic (and ham cubes, if using.) Cook for 8-10 minutes, or until leek is tender and just beginning to brown, stirring occasionally. Spread leek mixture in bottom of crust. Sprinkle cheese evenly over mixture. Arrange pepper rings over cheese, if using. In food processor or blender, combine remaining ingredients. Process until smooth. Pour mixture over filling. Bake for 45-50 minutes or until filling is set and crust is golden brown. Let stand for 10 minutes before serving. Sprinkle with shredded fresh Parmesan cheese, if desired. NOTES : Can substituted a frozen unbaked pie shell for the bread stick dough. Very delicious with turkey ham added.  
Yields 6 servings