

Dear Member,

A glorious week of sunny weather and you can almost hear the garden growing. Summer Squash, Genovese Basil, Rat Tail Radishes, Mini Purple Onions, Bright Lights Swiss Chard and Perpetual Spinach are new to your share this week.

We planted four varieties of summer squash this year and you will have a combination each week: Zucchini, Zephyr- 1/2 yellow 1/2 green, Starship-pattypan type, and new this year, Magda a cousa type Middle East variety. The Magda is a light green, almost tear drop shape. It is dry and sweet like the Zephyr and is great for stuffing. Enjoy the vegetables. Pete and Deb

### SHARES INCLUDE:

Red Sails Lettuce-1 head    Genovese Green Basil-1 bunch    Perpetual Spinach-1 bunch

Summer Squash-1 quart basket. If you have a scale at your site, it will be 1 3/4 pounds per share.

Bright Lights Swiss Chard-1 bunch

Rat Tail Radishes-1 bunch-these radishes grow at the top of the plant. Pick off the pods and enjoy. I see that one catalog now calls them "Podding Radishes".

Mini Red Onions-1 bunch-new to us this year. We saw them in an organic seed catalog and thought we'd give them a try. We are very pleased.

Cucumbers-they will be either/or Boothby Blonde Cucumbers-small white or National Pickling Cucumbers-small, green-1 basket

Optional Fruit Share: Red Lake Currants-Certified Organic-1 basket    Regional: Blue Berries-1 basket    Sweet Cherries-1 bag

### ZUCCHINI SQUARES

5 Eggs, beaten    2 C Mozzarella Cheese    ¼ t Baking Powder    ½ C Freshly Grated Parmesan Cheese  
4 C Zucchini, grated    ½ C Flour    ½ C Onion, chopped    2 T Oil

Heat oven to 350°. Oil a 9-by-13 inch baking pan. Combine eggs, zucchini, and cheese in a large bowl. Mix in remaining ingredients and pour into baking pan. Bake until knife comes out clean when inserted in the center, about 40 minutes. Cool. Cut into 2 – inch squares. Refrigerate until serving time. Serve hot or cold. Makes 24 two-inch squares.

### WHOLE WHEAT PASTA WITH ZUCCHINI & LEMON

1 lbs. pasta    4 Cloves Garlic, minced    Salt & Pepper    6 Large Fresh Basil Leaves, cut into thin strips  
1 T Olive Oil    6-8 small Zucchini, sliced    Juice of 1 Lemon    1-2 C Grated Pecorino Cheese

Bring a large covered pot of water to a rapid boil. Add pasta, stir briefly, cover the pot until the water boils again. Uncover the pot. While pasta cooks, heat olive oil in a large, heavy, nonreactive skillet. Add garlic and zucchini; sauté on medium heat until zucchini begins to brown. Sprinkle with salt & pepper. Add lemon juice and basil, stir, and remove from heat. The zucchini should be done just before the pasta is ready. When the pasta is al dente, drain and toss in large, warm serving bowl with about 1-cup of the cheese. Top with zucchini and serve immediately. Add more cheese at the table if desired. Makes 4-6 servings.

### JAPANESE CUCUMBER SALAD

2 medium cucumbers or 1 large    1 teaspoon sugar    2 tbsp sesame seeds, toasted  
1/4 cup rice vinegar    1/4 teaspoon salt

1. Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.  
2. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.

### SPECIAL FOR KIDS: Maillie & Shelly's Spinach Matzah Balls Kids love all the mixing and tearing the spinach into small pieces

4 eggs    1 tsp salt (more or less to taste) and pinch of pepper  
½ cup mild, good quality oil (olive, macadamia, grapeseed)    1 cup matzah meal, maybe a little more  
¼ cup water, maybe more    1 large bunch spinach (or swiss chard), washed dried and torn into small ½ inch pieces

-Mix the eggs, oil, salt and pepper until blended. Add the matzah meal and stir until it is well-mixed; the mixture should be gooey rather than dry. If the spinach is not fully dry, use less water; if the mixture is dry, use a little more. Incorporate the spinach and mix thoroughly.

-Refrigerate for 2-4 hrs. Then bring a big pot of water to a full boil. Using an ice cream scoop, two spoons or your hands, form large balls and drop into the water. Cook for 30-50 minutes, depending on how big they are. The matzah balls freeze beautifully.

**Red currants** are a tart fruit that has been very popular in European countries and are gaining popularity in the US. The currants have a short harvest period and are only available during July. I take them from the stem, add a bit of water and sugar to taste and cook them until they are soft. You can put them through a food mill to remove the seeds and skins or just mash them up. Add raisins and chopped walnuts to the cooked currants. Let cool and use as a spread on toast or add to yogurt, or as a topping for ice cream. On the Internet there are many additional recipes.

**About Swiss Chard** A wonderful versatile vegetable, high in vitamins, low in calories. It can be mixed with other greens, herbs, spices, cheeses and sauces. When combined with grains, like pasta or rice, it provides complete protein.

Prepare chard by separating tough stems and ribs and chopping leaves into bite size pieces. Pour 2 Tbsp of olive oil into a skillet. Add 1 minced clove of garlic or garlicscape; sauté for a minute or two until they become golden, then add greens and sauté for 2-3 minutes more. Adjust salt and pepper. Often that is all you need; the flavor of the greens can stand alone. But a few more minutes can add new level of satisfaction.

- Stir a Tbsp of cream and/or grated cheese.
- Add a tsp of molasses; stir to mix. Then add 1 tbsp red wine vinegar and salt to taste.

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## SWISS CHARD SAUTE

3 tablespoons unsalted butter	1 carrot, finely chopped	1 teaspoon coarse salt	1 1/2 lbs Swiss chard, washed, cut into strips
1 onion, finely chopped	1 potato, cut into 1/2 inch chunks	1/2 teaspoon freshly ground black pepper	3 tbsp red wine vinegar

Heat the butter in a large saucepan over moderate heat. Add the onion, carrot, potato, salt and pepper and sauté until the vegetables are tender, 7 to 10 minutes. Add the Swiss chard, stirring to mix well, cover the pan and simmer over low heat until chard is tender, 7 to 10 minutes. Add the vinegar and simmer, uncovered for a few minutes longer. Serve warm.

## Summer Squash Soup

8-10 yellow squash, chopped	Water, vegetable or chicken broth, enough to cover squash
1 medium onion, chopped	Half and half
1 or 2 cloves garlic, chopped	Salt and pepper to taste

Put squash, onion, and garlic in large soup pot. Add water or broth, enough to cover squash. Bring to a boil. Reduce heat and simmer for about 10 minutes or until squash and onions are tender. Remove from heat and cool. Add just enough half and half to make it creamy. Salt and pepper to taste and serve hot or cold. \*\*Options\*\* After soup cools, blend in blender then add half and half to make a smooth soup. Soup is great served hot or cold. This is a great soup to play with, add ingredients at will!

## SUMMER SQUASH AND BASIL SOUP

2 tablespoons olive oil	6 cups Summer Vegetable Stock	1 1/2 tablespoons flour
1 1/4 pounds summer squash, roughly chopped	1/2 cup julienned basil	Salt and freshly ground pepper to taste
1 large onion, chopped	1 1/2 tablespoons butter, softened	Juice of 1 lemon

\*Sour cream or plain yogurt as an accompaniment

Heat the oil in a large saucepan or stockpot, add zucchini and onion. Saute for 5 minutes or until onions are translucent and zucchini is crisp tender. Then add stock, bring to a boil, reduce heat and partially cover and cook for 25 minutes. Add basil during the last 5 minutes of cooking. Mix the butter and flour together into a paste. Remove 1 cup of simmering stock and whisk in butter mixture until smooth. Add back into soup, stir until thickened. Remove soup from heat to a blender and puree until smooth. Taste and season with salt and pepper. Add lemon juice and serve with a dollop of sour cream or yogurt.

<b>STORING BASIL</b> - Stand whole bunch of basil in a cup, covering stems but not leaves with water. Place plastic bag over basil and secure by placing tape or a rubber-band around cup.
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## 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.
- Make pesto, see recipe below

## PESTO

1 1/2 cups fresh basil leaves	1 tablespoon lemon juice
1 tablespoon vegan parmesan cheese	1/4 cup extra virgin olive oil
1/4 cup pine nuts	fresh cracked pepper
1 to 2 cloves garlic	1 teaspoon dried oregano

Pulse pine nuts and garlic in food processor about 10 times or until broken down slightly. Throw basil leaves and lemon juice in and grind together while slowly pouring olive oil in. Add parmesan cheese, oregano, and cracked black pepper and pulse one last time. Serve with pasta or over grilled bread. Serves: 12 Preparation time: 10 minutes