

Dear Member,

Summer is here in all her glory. The Summer Squash and Cucumbers are producing so fast we can hardly keep them picked. Miss one day and they are giant.

This week we also decided to dig early red potatoes to see if the extreme wet conditions earlier caused any problems. The top portion of the potato plants are green and look healthy but you never know what the plant holds until you unearth it. The potatoes are tender and delicious. We were very relieved to see such a good harvest from the early variety. Time will tell how the later potatoes fare.

This week you will also receive Fennel, Escarole, Scallions and Dill for the first time. The dill seemed a necessity with all the cucumbers that are coming your way. There is also Red Sails Lettuce in your share. I think this will be the last lettuce until the late summer lettuces are ready. The very wet weather followed by the extreme heat just can not be tolerated by the lettuce. Enjoy. Pete and Deb

**Shares include:** Red Sails Lettuce-2 heads      Dill-1 bunch      Summer Squash-      Perpetual Spinach-1 bunch  
 New Red Potatoes-1 quart basket or 2 pounds      Scallions-1 bunch      Fennel-1 head      Escarole-2 heads  
 Cucumbers-      Oriental Eggplant-4 each-these are a long, thin eggplant that is very tender and great grilled.  
**Optional Fruit Share-** Red Lake Currants-Certified Organic-1 basket      Regional: Blue Berries-1 pint basket      Sweet Cherries-1 bag

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### Baked Eggplant with Feta Cheese

1 Large Eggplant (or 2 medium)      Olive Oil      ½ C Feta Cheese      ¼ Finely Chopped and Packed Fresh Basil

Heat broiler or grill. Cut eggplant into ½ - inch slices. Brush slices with olive oil and grill or broil until lightly browned on one side. Arrange on oiled baking sheet. Sprinkle cheese over slices. Bake in 350° oven 10 minutes or until cheese is bubbly and eggplant is soft. Sprinkle basil over eggplant and serve hot. Makes 4-6 servings.

### Thai Eggplant Dip

2 Eggplants, medium      2 T Soy Sauce      1 T Fresh Cilantro, minced  
 3-4 Garlic cloves      2 T Rice Vinegar      ½ t Crushed Red Pepper Flakes  
 1 T Ginger, minced      1 T Sesame Oil      Salt to Taste      Pita bread

Cut off eggplant stems. Pierce eggplant several times with a fork. Place on a baking sheet and cook at 350° until very soft, about 1 hour. When cool enough to handle, remove skin. With the motor running on a food processor, add garlic and ginger to mince. Add eggplant and whirl until smooth. Add remaining ingredients except bread. Refrigerate up to 4 days or freeze. Serve with warm pita bread triangles. Makes about 2 ½ cups.

**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.

### **OVEN FRIED ZUCCHINI STICKS**

Canola oil cooking spray      1 teaspoon salt  
 1/2 cup whole-wheat flour      1/2 teaspoon freshly ground pepper  
 1/2 cup all-purpose flour      1 1/2 pounds zucchini (about 3 medium), cut into 1/2-by-3-inch sticks  
 2 tablespoons cornmeal      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.

## 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.

**New Potatoes** are any variety of young potatoes that haven't had time to convert their sugar fully into starch. They have a crisp, waxy texture with thin, undeveloped wispy skins. Their small size makes them perfect to cook whole boiled or pan-roasted. They are excellent for potato salad, because they retain their shape after being cooked, and cut

*Cucumbers have exceptionally high water content, more than 95 percent, which gives them a crisp, cool and moist consistency. The inside of a cucumber can be as much as 20°F cooler than the outside air.*

## CUCUMBER DILL SALAD WITH MUSTARD DRESSING

2 English cucumbers      3 tablespoons Dijon mustard      1/4 teaspoon sugar  
2 teaspoons salt      1 teaspoon white-wine vinegar      3 tablespoons chopped fresh dill leaves

Cut cucumbers into 1/8-inch thick slices and in a bowl layer slices, sprinkling each layer with salt. Chill cucumbers, covered, 2 hours. In a colander drain cucumbers and rinse thoroughly. Drain cucumbers well and squeeze dry in handfuls. Pat cucumbers dry on towels. In a bowl stir together mustard, vinegar, and sugar and stir in cucumbers and dill.

## Cucumber Salad

nonfat yogurt, 2 cup      salt, to taste      flat leaf parsley, 1/3 cup, chopped  
cucumber, 2 whole, seedless      black pepper, freshly ground      olive oil, 2 teaspoon, extra-virgin  
garlic, 2 clove, minced      fresh mint, 1/3 cup, chopped      pita bread

Peel the cucumbers, cut each one in half lengthwise, and cut into 1/4 inch dice. Crush the garlic and salt together to a taste. Stir the yogurt into the garlic paste. Add the cucumbers, pepper, mint, and parsley. Toss to mix. Adjust salt and pepper to taste. Just before serving drizzle with the olive oil. Tear off pieces of the pita bread and use them to scoop up salad.

**Fennel** is truly a vegetable and should not be confused with the herb, sweet anise. Even though they share a similar mild sweet licorice flavor, fennel comes from an entirely different plant. Fennel has a rounded creamy white bulb, short green stalks and feathery green leaves. Its appearance resembles an extra plump bunch of celery, and it has a unique licorice taste that becomes milder when cooked. Store fennel in a plastic bag, in the high-humidity crisper section of the refrigerator for no more than three to four days. Fennel loses its flavor quickly so it's best to use it as soon as possible.

## Preparation

Most fennel bulbs are sold with the stalk still attached, so they will need to be removed before preparation. After removing the stalks, slice off the top and bottom of the fennel bulb. The outermost layer of the bulb should also be removed if the bulb is large or if its skin is bruised or split. Next, slice the trimmed bulb in half lengthwise, and cut the halves into wedges for braising, or thin crescents for salads. The halves can also be diced as you would an onion or celery stalk.

Don't throw away the stalks or leaves. Chefs use the stalks in soups and stews to add flavor and use the feathery leaves as an herb, similar to parsley. The leaves are particularly good with fish baked in parchment. You can also wet the fronds and stalks and throw them on the grill in lieu of wood chips. In addition to fish, they add excellent flavor to poultry, pork, and lamb.

## Tony's Tip

Put fennel on your crudite platter instead of celery or serve it with Sicilian oil-cured olives in a relish dish.

## Blood Orange and Fennel Salad

This crisp and refreshing salad would go particularly well with roasted chicken or veal.

1 fennel bulb      1 blood or navel oranges      1/2 small red onion      1/4 cup orange juice      1/8 cup sherry vinegar, or 1/2 tablespoon dry  
sherry and 1 1/2 tablespoons good-quality red wine vinegar      1 tablespoons extra-virgin olive oil      Kosher salt and freshly ground  
black pepper to taste      3 basil leaves

Trim the fennel, removing stalks, fronds, and woody 1/4 inch off the bottom. Cut fennel into vertical slices as thin as possible. Peel oranges, removing all the white pith. Segment or slice thinly. Alternate slices of fennel and orange on platter in concentric circles. Cut onion into very thin rings. (You should be able to see the blade of the knife as it cuts through each slice.) Spread rings over fennel and oranges. Mix orange juice, vinegar, olive oil, salt, and pepper together and pour over fennel, oranges, and onion. Stack basil leaves on top of each other and roll tightly as if making a cigar. Cut across roll making thin shreds. (This is called a *chiffonade*.) Sprinkle over salad. Let salad sit at room temperature 1 hour before serving. 2 servings