

Dear Member,

Quite a week of extremes. First the heat and dust and then the rain and mud. There are String Beans this week in your share and they are delicious. We picked them at just the right time and I hope you enjoy them. There is also the first picking of beets. It seems that everyone loves the beets and I think this year you will be very happy with how sweet and delicious they are. The greens are still fine to remove and use as a cooked green.

The herb this week is Summer Savory. It is so beautiful that if you don't want to cook with it, I think it will make addition to your table in a vase. In the seed catalog Summer Savory is described as "Peppery flavor adds spice to dishes. for flavoring fresh and dried beans, cabbage and sauerkraut." This week there are beans and cabbage in the share so I hope the Summer Savory adds a good flavor to either. Enjoy the vegetables. Pete and Deb

SHARES INCLUDE: Slicing Cucumbers- String Beans-1 quart or 1 pound Scallions-1 bunch Fennel-1 head Red Ace Beets-1
Early Jersey Wakefield Cabbage-1 head-this is an Heirloom variety Perpetual Spinach-1 Summer Savory-1 Summer Squash-1 quart or 1 3/4 lbs

Optional Fruit Share: Red Lake Currants-Certified Organic-1 basket

Regional: Sugar Plums-1 bag Peaches-1 bag

I just received some information that sounds really good to use the last picking of currants. Use quick, fresh currant jelly (pick currants from stem, steam and add sugar to taste) as a glaze on grilled shrimp. It will also work with herbs as a glaze for chicken or for whisking into a sweet and sour vinaigrette.

NOTE: I just wanted to make a note about the summer squash. Some of the Magda has gotten larger and in the seed catalog it said that the larger Magda squash are good used like you would an eggplant for Magda Parmesan. The shape is very much like an eggplant and it works great and so I sent some of the larger squash along for members that would like to give this a try.

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

TO COOK BEETS

Baking/roasting: Trim the beets, removing the stem and root ends. Wrap in aluminum foil (if small wrap 5-8 together). Bake directly on the oven rack in a preheated oven (425 degrees) until tender, approximately 50 minutes for med/lg beets, less for smaller beets. When the beets are cool enough to handle, slip off the skins under running water (this helps prevent purple fingers).
Boiling: Bring water to a boil in a large pan. Place the whole beet (ends trimmed) and return to a boil. Lower the heat. Boil the beets, covered, until they are tender and can be pierced with a paring knife; approximately 40 minutes. Allow the beets to cool. Then peel.

GINGER BEETS

1 bunch of beets (6 medium beets or equivalent)
2tbsp butter or ghee
1 tbsp honey
1/2 tsp finely chopped fresh ginger (powdered is ok too)
1/2 tsp soy sauce
-Boil or steam the beets until partially tender. Run cool water over them and peel. Leave whole or slice.
-In a saucepan combine butter, honey, ginger, soy and heat. brush over the beets and place them in a frying pan, grilling basket or on a hot grill. Basting frequently, cook for 8-10 min.

SAUTEED SPINACH WITH CHOPPED EGG

3 large eggs
1 teaspoon vegetable oil, divided
1 cup chopped onion, divided
-Place eggs in a large saucepan. Cover with water to 1 inch above eggs, and bring just to a boil. Remove from heat. Cover and let stand 15 minutes. Drain and rinse with cold running water until cool. Remove shells. Cut 2 eggs in half lengthwise, and remove and discard the yolks. Coarsely chop egg whites and remaining egg.
-Heat 1/2 teaspoon oil in a large Dutch oven over medium-high heat. Add 1/2 cup onion, and sauté 5 minutes or until browned. Add 1/2 teaspoon red pepper; sauté 30 seconds. Add half of spinach; sauté 3 minutes or until wilted. Remove from pan. Repeat procedure with the remaining oil, onion, red pepper, and spinach. Place the spinach mixture in a colander, and drain well. Return spinach mixture to pan; stir in salt and black pepper. Cook over medium-high heat 2 minutes or until thoroughly heated, stirring constantly. Sprinkle with the chopped egg.

1 teaspoon crushed red pepper, divided
5 (6-ounce) packages fresh baby spinach, divided
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Cabbage: Cabbage has a bad rap as an unexciting, difficult-to-love vegetable. However, this variety (Early Jersey Wakefield) is tender, crisp, and sweet with a mild cabbage flavor. I would go so far as to say that Early Jersey Wakefield cabbage is *fabulous*. *You can simply cut a head in half, steam it in water or in a thin layer of milk, and then lightly coat with butter, salt and pepper.*

CARMALIZED CABBAGE AND NOODLES

1 TB butter	1 head of green cabbage, cored and shredded
4 TB extra virgin olive oil	1 TB honey
1 large sweet onion, thinly sliced	1 tsp fresh ground pepper
2 cloves of garlic, minced	2 TB poppy seed
	¼ pound whole wheat noodles (or soba or udon)

Heat the butter and oil. Cook the onion until very soft, about 10 minutes. Add the garlic and cabbage and cook until limp, about 5 minutes. Stir in the honey and continue cooking until the cabbage turns golden brown, about 20 minutes. Stir in the pepper and poppy seed and toss with the noodles.

Jan's Cabbage and Apple Delight

½ a cabbage – grated	2 apples diced	½ an onion	1 tsp red pepper flakes	1 cup fresh cilantro (or parsley)	¼ cup lime juice
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olive oil

In a frying pan sauté onion, cabbage and apples in olive oil until tender. Add red pepper flakes mid way through cooking the above ingredients. Just before removing from the heat add fresh cilantro and lime juice and simmer for a few minutes. Cooking time 20- 30 minutes.

ZUCCHINI AVOCADO SALSA

This a delicious alternative to regular salsa and more nutritious. It is great with chips or as a topping for burritos, tacos, or quesadillas.

2 small zucchini, diced (about 2 cups)	2 medium avocados, peeled, pitted, and diced	3 tablespoons minced fresh cilantro
1 cup fresh or frozen corn	2 tablespoons fresh lime juice (about 1 lime)	dash Tabasco sauce
3 green onions, sliced	1 clove garlic, crushed	salt and black pepper to taste

Steam zucchini and corn together just for 2 or 3 minutes until colors are bright. Place in a bowl with remaining ingredients together and chill for at least one hour. Yield: About 3 cups Variation: Add 1 to 2 cups diced tomatoes

WARM GREEN BEAN SALAD WITH TOASTED WALNUTS

Dressing

1 shallot, minced
1 tablespoon red-wine vinegar
1 tablespoon Dijon mustard
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste
2 tablespoons walnut oil

Salad

3/4 pound green beans, stem ends trimmed
2 tablespoons coarsely chopped walnuts
1 1/2 cups cherry tomatoes, halved
2 tablespoons chopped fresh parsley

- To prepare dressing: Whisk shallot, vinegar, mustard, salt and pepper in a small bowl. Gradually whisk in oil.
- Cook green beans, uncovered, in a large pot of boiling water until crisp-tender; 4 to 6 minutes. Drain, refresh under cold water and pat dry.
- Toast walnuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
- To prepare salad: Combine beans, tomatoes and parsley in a large bowl. Toss with the dressing. Sprinkle beans with the walnuts and serve.

SIMPLE SUMMER SQUASH

2 lbs squash and/or zucchini, sliced	1 clove of garlic, chopped
1 green bell pepper, seeds removed, sliced	olive oil
2 smallish tomatoes or one large tomato, peeled and cut into wedges	5 or 6 slices of cheese - jack or cheddar
1/2 yellow onion, peeled and sliced	basil, either dry or chopped fresh
	salt and pepper

Put onion, squash, bell pepper into a large saucepan with a couple of tablespoons of olive oil. Put on high heat and brown the vegetables slightly to develop flavor. As you are browning, sprinkle either dried basil or chopped fresh basil on the vegetables. When vegetables are slightly browned, remove from heat, add the slices of cheese, and cover the pan. In a separate stick-free fry pan, put the tomatoes and cook at medium hi heat for about 5 minutes, stirring occasionally. You want to let the juice from the tomatoes evaporate some. After 5 minutes, add the tomatoes to the rest of the vegetables and stir. Salt and pepper to taste. Serves 4.

Grilled Summer Squash

2 medium summer squash 5 - 7 inches long	Olive Oil	Cumin	Salt and pepper
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Cut summer squash in half lengthwise. Make criss-cross hatches into the cut side of the flesh. Season with salt and pepper. Rub olive oil into the flesh as much or as little as you like. Sprinkle with cumin and grill on medium hot grill for about 5 minutes a side, or until done (some people like them crunchy some like them very tender. Serves 4