

Dear Member,

Purple Peppers, Biscayne Cubanelle Peppers, Eggplant, Cilantro are new in your share. The Cilantro is a new variety, Santo, that does not bolt quite as quickly as the other but it has a leaf that is very different than what most people are familiar with. Same flavor, different shape. The peppers are really starting to explode and we will be picking them weekly now.

I know that there are times that I just need a little inspiration or information when deciding how I will use the vegetables each week. CSA members Joanne Hayes and Lori Stein have recently published a cookbook, Recipes from America's Small Farms Fresh Ideas for the Season's Bounty. The cook book is full of recipes utilizing many of the vegetables that you will receive during the season. I also heard from another member that is a cook book author, Jim Fobel. Two of his books are: Jim Fobel's Big Flavors, and Jim Fobel's Old-Fashioned Baking Book. All of the books are available through Amazon.com. Enjoy the vegetables.
Pete and Deb

SHARES INCLUDE: Red Potatoes-1 quart basket or 2 pounds Bright Lights Swiss Chard-1 Gold or Chiogga Beets-1
Islander Purple Peppers-2 Biscayne Cubanelle Peppers-2 Jersey Wakefield Cabbage-1 head Cilantro-1
Orient Express Eggplant-6-these are wonderful sliced, brushed with oil and grilled Mini Purplette Onions-1 pint or 1 pound
Optional Fruit Share: Regional- Shiro Plums-1 bag Peaches-1 bag Nectarines-1 bag

A NOTE ABOUT THE BEETS- The beets are a mix of both varieties. I'm not sure what I did when we were seeding because the beets are mixed in the rows. Beet seeds all look the same coming out of the seed packet but very different when they are growing. The Gold Beets are golden colored, the Chiogga are pink and when they are cut open will have rings of pink and white.

TO COOK BEETS: Wash the beets and trim the ends off before cooking. Place trimmed beets in a roasting pan and add a little water for steam. Roast the beets at 425 degrees F for 30 to 45 minutes (cover the pan with foil) or until the beets are easily pierced with a knife. Slip off the skins under running water and slice or dice. If boiling, cook the beets for 20 to 30 minutes, or until tender. If using a microwave oven, cook the beets with a little water for 8 to 15 minutes. Match beets with orange (juice and zest), ginger or both. Dress beets with a vinaigrette. Serve warm or at room temperature. Add some sweet onion, parsley, and hard-boiled egg chunks for a hearty salad. Keep the beet greens - you can cook and eat these like any other slightly bitter greens. If you're mixing beets with other vegetables (in a salad, for instance), cook and dress the beets separately and add them last. Their vivid color will seep into everything else otherwise.

BEETS: A SUPER-NUTRITIOUS CHOICE

Nutritionally speaking, beets are exceptional sources of essential vitamins and minerals. They are rich in calcium, iron, magnesium, potassium, vitamin C, thiamin, riboflavin, vitamin A and vitamin K (see "Better Than a Multi-vitamin," right). Beets store most of these nutrients in their leaves — which beet-eaters sometimes neglect — but recent investigations into their nutritional make-up bode well for the roots as well. Irwin Goldman, a beet geneticist at the University of Wisconsin-Madison, has shown that beet greens and beet roots are one of the best dietary sources of folate, which is one of the B vitamins.

Baked Beet Salad

4 medium-sized beets
4 handfuls salad greens,
1/4 pound feta cheese, crumbled

Vinaigrette Dressing.

1 tablespoon rice wine vinegar
1/2 teaspoon Dijon-style mustard
4 tablespoons extra-virgin olive oil
2 tablespoons finely chopped fresh chervil or 1 tablespoon tarragon
Salt and freshly ground black pepper

Remove the tops of the beets and set aside to use in another dish. Wash the roots and put them in a casserole dish with a lid. Bake at 300 degrees for about 1 1/2 hours, or until tender. (If you are baking different-colored beets, cook them in separate casserole dishes, or the colors will bleed.) Remove the dish from the oven, let the beets cool, then peel and thinly slice them into julienne. Refrigerate until ready to use. Toss the greens with three-quarters of the vinaigrette and arrange them on a serving plate. Put the beets in a small bowl, pour the rest of the dressing over them and stir to coat the beets. Arrange the beets over the greens, and sprinkle feta cheese over the beets. Serves 4 to 6.

Cabbage & Onions- Real simple. Great served over noodles

1 head cabbage, coarsely chopped 2 medium onions, chopped 2 tbsn olive oil salt and pepper to taste

Directions: Saute the onion in the olive oil until translucent. Add cabbage, salt and pepper and cook over low-medium heat about 20 min. or until cabbage is tender.

ABOUT SWISS CHARD Swiss chard is a garden vegetable plant. Its leaves are eaten as greens. Swiss chard is related to the common beet plant. It resembles the beet, except that it does not have a large fleshy root. Swiss chard has a small woody root which cannot be eaten. The vegetable has fleshy leafstems, large leaves, and a dark green color. Some varieties of Swiss chard have pale yellow leaves and others have bright red leaves and leafstems. The plant has attractive, brilliant colors. Swiss chard is an excellent source of vitamin A and contains a fair amount of vitamins of the B complex and C. Like most leafy vegetables, Swiss chard is also rich in minerals.

Traditional Swiss Chard and Beans

1 large bunch of red (Swiss) chard
1/2 a large diced onion
minced garlic
1 can white or navy beans, strain the liquid (or you can soak your own)
2 tablespoons olive oil
salt and pepper to taste

Chop the chard into cube sized pieces. Sauté onion and garlic in olive oil, add chard (do all over medium/low heat. Strain the bean juice (you can leave some if you want a "thicker" consistency) and add the beans. Heat up until chard becomes soft but not mushy. Salt and pepper to your taste.

Swiss Chard Rollups

Amounts are approximate.

2 cups brown rice (cooked)
1/4 cup pine nuts
1/4 cup raisins
1 tsp. parsley
1/4 tsp. garlic paste
salt to taste
3 tbsp. olive oil
2 tbsp. lemon juice
a sprinkle of rice vinegar (just a teeny bit)
1 bunch swiss chard leaves

Combine all ingredients except swiss chard and mix well. Remove the chard stems where the leaf begins. Steam the leaves slightly to make them easier to roll. Place approximately two tablespoons approximately one inch away from the edges. Roll like a tamale. Repeat until the rice mixture is spent. If desired steam further with seam down until chard leaves are dark green.

SWISS CHARD WITH BLACK-EYED PEAS

1 bunch swiss chard or other greens 2 tbsp olive oil 1 large onion, quartered and thinly sliced 16 oz can of black-eyed peas 2 tbsp balsamic vinegar or apple cider vinegar	Wash greens and discard stems. Chop leaves coarsely. Heat oil in soup pot. Add onion and sauté until golden. Add greens, cover and steam until tender (just water clinging to greens is sufficient), 3-5 min. Stir in black-eyed peas and vinegar. Season Cook just until everything is heated through, and serve.
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PEPPER PREPARATION AND PREPARING-

Wash peppers just before using them. Peppers, both sweet and hot, are delicious raw, grilled or added to cooked preparations. Roasting peppers, however, brings out a totally taste. It is quite a chore, but well worth it. Char thick-skinned peppers until the skin is black and blistered. They can be charred under a broiler, over an open flame or on the grill. While they are still hot, cover or place in a paper bag for 15 minutes and allow the steam to loosen the charred skins. Peel over a bowl to catch the juices, and use in your favorite recipe.

Cabbage & Onions- Great served over noodles

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Easy Cilantro Rice

6 cups just cooked, hot rice
1 bunch fresh cilantro
2-3 cloves garlic
1/2 sweet yellow onion (like Maui, Vidalia or Walla Walla)
salt and ground pepper to taste

While rice is cooking, prepare the rest of the ingredients as follows: remove stems from cilantro, roughly chop then put into a food processor with garlic and onion. Process until everything is finely chopped. When rice is cooked and still very hot, combine with cilantro mixture, salt and pepper to taste. At this point you can let sit covered for 5-10 minutes to blend flavors then serve, or bake at 350 degrees for 20 -25 minutes and then serve. Either way is good. The rice takes on a greenish hue that looks pretty. This dish goes well with Mexican dishes as a substitute for Spanish Rice.