

WESTCHESTER CSA

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Stoneledge Farm News

Dear Member,

Summer vegetables fill the share again this week. We grew a number of different tomatoes this year that will come in any combination to your site.

I will try to describe the varieties so that you can identify the different types. There are the small Sun Gold Cherry tomatoes that are always separate in baskets. The Sun Gold Cherry Tomatoes have never tasted sweeter. There are round red types that are the variety "Paragon". They are a good slicer and have a really good flavor. The bright yellow-gold tomatoes are an heirloom variety that we save the seeds each year called "Gold Queen". The long horn shaped tomatoes are "Flora Lee" and I have seen them described as "true Italian tomatoes". They are also heirlooms that we save the seeds each year. The tops never seem to fully ripen but these are the best tomatoes for cooking. There are also a sprinkling of "Brandywine" tomatoes. They are a pinkish color. Although people will say they really want heirlooms because they are the best tasting, the Brandywine will probably be the tomatoes left at the end of the CSA delivery because they are misshapen and probably have cracked by the time they have made it to the site. They are delicious but really hard to deliver in one piece. Enjoy the vegetables-Pete and Deb

WHAT'S IN THE SHARE?

- Summer Squash-1 pound
- Cucumbers-1
- Lettuce-1 head.
- Romano Beans-1 pound-these are the Italian broad bean that are just wonderful with tomatoes, onions and garlic.
- Cilantro-1 bunch
- Sungold Cherry Tomatoes-1 basket
- Lilac Peppers-2
- Slicing Tomatoes-2 pounds
- Orient Express Eggplant-2-this eggplant is great sliced in half, brushed with Olive Oil and grilled
- Sweet Onions-2
- Tomatillos-1 pound
- Fennel-1 head

Fruit Share- 1 bag

Yellow Peaches, Nectarines, and Prune Plums

NOTE: I think there will be a collective sigh of relief as this ends the summer squash season. The Roma Beans are a bit on the dirty side because of the rain. We didn't want to wash them and get them wet again because then they don't keep at all. The cucumbers are the last picking and some are rather strange shapes. We wanted to send them one last time even though they aren't perfect. As part of our Organic Certification we must purchase certified organic seed if available. The fennel this year is from certified organic seed and just has not performed as well as the seed we have purchased in the past that was untreated seed but not certified. The bulbs have bolted very early and the fennel seems tougher than the past. If you slice it thinly and cook it the flavor is a great addition to any tomato dish.

SUMMER SQUASH TIPS:

Try raw summer squash cut into stick with your favorite dip or in salads.

- Cut into chunks add to summer soups and pasta sauce.
- Grill thick slices for 3-4 minutes over hot coals, then 5-8 minutes on the side of the grill. Baste with marinade.
- Sauté onions in butter or oil, add summer squash and sugar snap peas. Then top with parmesan cheese and serve over pasta.
- Stuff patty pan squash with buttered fresh bread crumbs sautéed with garlic and fresh herbs. Heat through and serve.
- To remove excess water and prevent soggy, cooked dishes: Lightly salt the grated or thinly sliced squash. Place in a colander and let stand for 30 minutes. Some water will exude during the resting period. Much more will come out when squeezed or patted with paper towels. If you wish, rinse to remove the salt.

ZUCCHINI CASSEROLE

Steam 4-5 whole zucchini/squash for about 10-15 minutes (until fork tender). Slice – you should have 4-5 cups. Mix with 1 cup mayonnaise, 2 eggs, 1 chopped onion, and 1 cup grated Parmesan cheese. Combine all in a casserole dish, top with bread crumbs. Bake at 350 degrees, 20-30 minutes. Adapted from *Betsy Cashen*

GREEN BEAN TIPS: *Note that this may vary slightly with the Romano Beans in the share this week*

To prepare, break off the top of the bean at the stem end

- Best when blanched or steam for 5-10 min
- Beans are done when the color begins to brighten & become tender (not soft or mushy)
- If you serving the beans cold in a salad, cook them less so they stay crisp
- Flavor with butter, lemon juice, sautéed onions, or herbed vinaigrette

Roasted Green Beans

2 Tbs. Olive oil	1 lb. fresh whole beans, trimmed	1 cup thinly sliced leeks or onions	10 to 12 medium cloves garlic
Salt and pepper	1 to 2 Tbs. Balsamic or red wine vinegar	1 cup lightly toasted pine nuts	

Preheat oven to 400 degrees. Brush a large baking tray with 2 Tbs. Olive oil. Spread the green beans, onions, and garlic cloves on the tray and sprinkle with salt and pepper. Bake for 20 minutes, intermittently stirring or shaking the tray. Cook until tender. Transfer to a bowl and drizzle with vinegar.

Ratatouille

3 tablespoons olive oil
2 patty pan squash, or summer squash or zucchini
1/2 cup roughly chopped onion
2 or 3 cloves garlic, roughly chopped
5 to 6 cups diced eggplant pieces, about 1 inch in diameter
1 1/2 cups roughly chopped tomato, about 4 med. tomatoes, skins removed
1 tablespoon minced oregano
1 tablespoon minced basil
1 tablespoon minced parsley
1 cup chicken or vegetable broth
2 tablespoons tomato paste
1/2 teaspoon Worcestershire sauce
1 teaspoon salt
Freshly ground black pepper to taste

Peel eggplant, cut into pieces about 1 inch in diameter, salt well and place in colander to drain for about 20—30 minutes. Rinse well with water. Cut squash or zucchini into chunks about the same size as the eggplant. In a medium or large non-stick skillet, heat 2 tablespoons of oil and carefully add eggplant. In a large non-stick pot, heat 1 tablespoon oil and add squash, onions and garlic. Flip or stir the eggplant allowing it to brown over medium to high heat, approximately 10 minutes, meanwhile stirring squash, onions and garlic occasionally. Do not brown garlic! Add browned eggplant and the rest of the ingredients to squash and onion mixture. Let simmer for approximately 10 minutes. Ratatouille should be a thick and chunky, like a good stew. Add a little more broth if you prefer it somewhat thinner. Good over rice or pasta, by itself as a side dish or as topping for crostini.

TOMATOES

Storage Tips

- Hold tomatoes at room temperature for up to 1 week
- Cut tomatoes deteriorate quickly
- Not fully ripe tomatoes will continue to ripen stored out of the sun at room temperature
- Make sauces, salsas, and purees for winter eating.

Culinary Tips

- Sauté, bake, broil, grill, or eat them raw
- Slice tomatoes and arrange on a plate. Drizzle with olive oil or a vinaigrette, chopped fresh basil or parsley and salt and pepper.
- Add tomato chunks to summer soups and pasta sauces
- Sauté plum tomatoes and add to an omelet
- Hollow-out partially, stuff and bake or grill
- Roast halved tomatoes on a lightly oven for 3 hours (season with minced garlic and oiled baking pan in a 250 fresh, chopped basil before you pop them in the oven)

GAZPACHO

1/2 cup chopped onion	1 1/2 cups vegetable juice or tomato juice
2 cloves garlic	2 teaspoons soy sauce
about 6 cups peeled and chopped tomatoes	2 tablespoons red wine vinegar
2 cucumbers, peeled, seeded and finely chopped	1/4 cup olive oil
1 bell pepper, chopped small	1 teaspoon hot sauce (optional)
1/2 cup chopped parsley	Fresh ground black pepper
	Kosher or sea salt to taste at time of serving

In a non-stick sauté pan, heat oil and sauté onion and garlic for just one or two minutes, enough to soften their bite. Add to a large non-reactive mixing bowl, and combine all the other ingredients and refrigerate for at least 3 to four hours to let flavors meld together. Salt to taste just before serving or let company salt their own servings to taste.

From *Julie A. Ulmer*

Chile Salsa Makes 12 pints

1 lbs. Onions
2 lbs. Sweet Peppers
5 lbs. Tomatoes
garlic - to taste
3 tsp. Salt
1 tsp. Pepper
1 cup vinegar
cilantro - to taste

Finely chop or coarsely grind onions and peppers. Peel, if desired, and chop fresh tomatoes or canned, whole, peeled tomatoes into small pieces. Add onions, peppers, garlic and other ingredients to chopped tomatoes. Heat to simmering; simmer 10 minutes. Add cilantro to taste.

Canning: Wash pint jars, screw bands and lids in hot soapy water, rinse well in scalding water.

Pack salsa into clean, hot jars with 1/4 inch head room. Seal with lids.

Fill a large pot with enough water to cover jars by 2 inches. Bring water to a boil.

Process jars 15 minutes in Hot-Water Bath—180-185F/82-85C Information from: *Putting Food By, 4th Edition* by Janet Greene, Ruth Hertzberg and Beatrice Vaughan, 1991