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# WESTCHESTER CSA

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Dear CSA Member,

Last week everyone got a small taste of the first harvest of summer squash. Seemingly overnight the squash has exploded and we need to pick every other day just to keep up with the production. There are four different varieties of summer squash that you will see over the summer: Zucchini, traditional dark green summer squash, Zephyr, yellow squash with the light green end, Patty Pan, flattened, yellow scalloped edge squash and Falmino, a new Romanesco type that we tried this year. As the seed catalog describes it, "rustic looking pale green squash ...raised dark-green ridges. Excellent for grilling or roasting." The squash will come to your site in no particular order, but you should see all of the different varieties over the next month and a half.

A member had question about the spots on the Swiss Chard and why chard from the store does not have them. I thought that if one member is wondering, it probably is a question that many have. The spots on the chard, spinach and probably also the beets are called "leaf spot". Leaf Spot forms round blemishes found on the leaves of many species of plants. When a lot of spots are present, they can grow together and become a blight or a blotch. In most cases, leaf spots are considered to be only a cosmetic problem. Leaf Spot occurs during hot and humid weather similar to what we have had and usually have during the summer. The spots are probably not on the store bought products because they were sprayed with a fungicide, either organic or conventional, the plants were from a relatively new planting, or the produce was grown in the west where the weather is not as brutal on the vegetables as ours tends to be. The weather in the Northeast is hot and humid and many vegetables are difficult to grow without blemishes. These weather conditions are also why most of the fruit orchards are not organic in the Northeast. Vegetables are tricky to grow here, fruit is even harder because of the weather conditions. Hope this helps and enjoy the vegetables. They may have spots on the leaves, but are organically grown right here in the region where you live-Deb

NOTE: We planted shell peas as requested by member input and the planting failed. The weather was very cold and wet and when untreated, organic seed is planted there is the chance that the peas will rot before they germinate. We re-planted with Sugar Snap Peas. At this time we were two weeks behind schedule due to the fact that we needed to replant, the weather was very hot and the pea harvest was very poor.

## WEEK FIVE: VEGETABLES

- ✓ Summer Squash- 3 pounds
- ✓ Cucumbers-long green-2
- ✓ Boothby Blonde Cucumbers-short, pale yellow, heirloom variety-2
- ✓ Summer Spinach-1 bunch (what we formerly called Perpetual Spinach)
- ✓ Scallions-1 bunch
- ✓ Oregano-1 bunch
- ✓ Red Leaf Lettuce-1 head
- ✓ Buttercrunch Lettuce-1 head
- ✓ Sugar Snap Peas-1/2 pound



NOTE: for fruit share please see page 4

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## RECIPES FOR THE WEEK

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The first order of business this week is to give some suggestions for the summer squash. No recipe needed for this – but if you’ve got some of the garlic scape or basil pesto left over (or any good pesto for that matter) cut some squash into 1” pieces, toss with pesto and roast at 400 degrees for about 10-12 minutes or until tender. It makes a wonderful side dish with meat or chicken, or pair it with brown rice (or another hearty grain) for a vegetarian main dish.

Here are a few more ways to put this delicious and nutritious vegetable to good use. Most of the recipes here call for zucchini or yellow squash, but you can substitute as needed.

First, a recipe from the August issue of Eating Well—one that caught my attention because it is so budget friendly. With food prices where they are at the moment, any tip for reducing the grocery bill is welcome in my household!

### ***Summer Squash and White Bean Sauté***

4 servings

1 tablespoon extra-virgin olive oil  
1 medium onion, halved and sliced  
2 cloves garlic, minced  
1 medium zucchini, halved lengthwise and sliced  
1 medium yellow squash, halved lengthwise and sliced  
1 tablespoon chopped fresh oregano  
¼ tsp salt  
¼ tsp freshly ground pepper  
1 15-or-19 ounce can cannellini or great northern beans, rinsed and drained  
2 medium tomatoes, chopped  
1 tablespoon red wine vinegar  
1/3 cup finely shredded Parmesan cheese

1. Heat oil in a large non-stick skillet over medium heat. Add onion and garlic and cook, stirring, until they begin to soften—about 3 minutes
2. Add zucchini, summer squash, oregano, salt & pepper and stir to combine. Reduce heat to low and cook until vegetables are crisp-tender, 3-5 minutes.
3. Stir in the beans, tomatoes and vinegar, increase heat to medium and cook, stirring, until heated through, about 2 minutes. Remove from heat and stir in Parmesan
4. Serve with brown rice or bulgur.

### ***Just the facts: Summer Squash***

**Nutritional profile:** just one cup of cooked squash is an excellent source of manganese and vitamin C. It is also a very good source of magnesium, vitamin A, dietary fiber, potassium, copper, folate, and phosphorus. In addition, summer squash is a good source of omega-3 fatty acids, vitamin B1, vitamin B2, vitamin B6, calcium, zinc, niacin, and protein.

The nutrients in summer squash are useful for the prevention of other conditions as well. High intakes of fiber-rich foods help to keep cancer-causing toxins away from cells in the colon, while the folate, vitamin C, and beta-carotene help to protect these cells from the chemicals that can lead to colon cancer. The antioxidants vitamin C and beta-carotene also have anti-inflammatory properties that make them helpful for conditions like asthma, osteoarthritis, and rheumatoid arthritis, where inflammation plays a big role. The copper found in summer squash is also helpful for reducing the painful symptoms of rheumatoid arthritis.

**Storage:** Summer squash is very fragile and should be handled with care as small punctures will lead to decay. It should be stored unwashed in a plastic bag in the refrigerator, where it will keep for about seven days. While it can be frozen, this will make the flesh much softer. To do so, blanch slices of summer squash for two minutes before freezing.



## ***Grilled Zucchini with Citrus Dressing***

*Serves 4*

This recipe was actually sampled at the cafeteria in my building a few weeks ago – and the combination of flavors is delicious.

Ingredients:

2 tablespoons grated orange rind  
3/4 cup fresh orange juice (about 3 oranges)  
1/2 cup fresh lime juice (about 3 limes)  
3 tablespoons honey  
2 teaspoons olive oil  
1/2 tsp salt  
1/4 tsp crushed red pepper  
4 zucchini, each halved lengthwise (about 1 1/4 pounds)  
4 yellow squash, each halved lengthwise (about 1 pound)  
Cooking spray  
3 tablespoons thinly sliced basil

Preparation: combine first 7 ingredients in a large zip top plastic bag. Add zucchini and yellow squash to bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally. Prepare grill.

Drain vegetables in a colander over a bowl, reserving the marinade. Place vegetables on a grill rack coated with cooking spray and grill for 8 minutes or until tender; turn and baste occasionally with 3/4 cup of the marinade. Slice the vegetables crosswise and place them in a bowl; sprinkle with basil and lightly toss with the remaining marinade.

## ***Red leaf lettuce, watercress, and cucumber salad with buttermilk dressing***

Beyond squash, there is a lot to work with this week. This is a great salad recipe using both lettuce and cucumbers from this week's share. I've updated a bit from the original recipe which appeared in *Gourmet* (January 2003) to shorten the preparation time and lighten the dressing a little.

For dressing

1/2 cup well-shaken low-fat buttermilk  
2 tablespoons low fat plain yogurt  
1 tablespoon mayonnaise  
3/4 teaspoon finely chopped fresh tarragon or 1/4 teaspoon dried tarragon, crumbled  
1/2 teaspoon minced garlic, mashed to a paste with 1/4 teaspoon salt  
1/4 teaspoon dry mustard, or to taste

For salad

1/2 cup finely chopped red onion  
1 small head red leaf lettuce (1/2 lb), torn into pieces  
1 bunch watercress, coarse stems discarded  
1 cup thinly sliced seedless cucumber

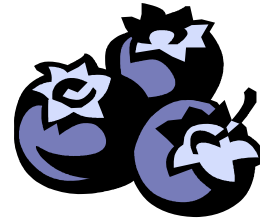
Whisk together all dressing ingredients in a small bowl with salt and pepper to taste. Toss lettuce, watercress, and cucumber together in a bowl and add the dressing. Serves 6.

## ***Spinach and blueberry salad***

SELF | April 2005

This recipe originally called for raspberries, but we've got blueberries in the fruit share this week—you can easily use either one. The spinach packs beta-carotene and lutein for healthy eyes; the blueberries, oranges, and carrots add fiber; and the red bell pepper offers vitamin C. Makes 4 servings.

1/4 cup sunflower seeds  
1/4 cup white balsamic vinegar  
1 tsp honey  
1 tbsp each chopped fresh parsley, tarragon, chives and basil  
1 clove garlic, minced  
1/2 small shallot, minced  
1/4 cup canola oil  
8 cups spinach torn into bite size pieces  
1 cup fresh blueberries  
2 oranges, peeled, membranes removed, segmented  
1 red bell pepper, cored, seeded and cut into 2-inch strips  
1 medium carrot, peeled and coarsely grated



Heat oven to 350°F. Toast sunflower seeds on a cookie sheet for 4 minutes. Whisk together vinegar, honey, herbs, garlic, and shallot. Slowly whisk in oil. Season with salt and pepper and set aside. In a bowl, toss spinach with 2 tbsp vinaigrette. Season with salt and pepper. Toss with sunflower seeds and remaining ingredients and serve.

## ***Brown sugar apricots with vanilla yogurt***

Gourmet | July 2002

1 1/2 lb fresh apricots, halved and pitted  
2 tablespoons packed light brown sugar  
8 oz vanilla nonfat yogurt  
Special equipment: a 12- by 8- by 2-inch disposable aluminum roasting pan

Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill and on lid.

Arrange apricots, cut sides up, in disposable roasting pan and sprinkle with brown sugar, patting and pressing with fingers to help evenly adhere.

When fire is low (you can hold your hand 5 inches above rack for 4 to 5 seconds), cook apricots in pan, covered with grill lid, without turning, until sugar is melted and apricots are softened, about 5 minutes.

Serve apricots with yogurt on the side. Makes 4 servings.

Note: Apricots can also be broiled on lightly oiled rack of a broiler pan 4 to 5 inches from heat 2 to 3 minutes.

### ***Optional Fruit Share:***

This is the first week for fruit

- ✓ Apricots-1 bag
- ✓ Blueberries-1 basket
- ✓ Red Currants-1 basket-the currants are grown on our farm and are certified organic. They are slightly tart and are great tossed in a salad, on top of ice cream or cooked down with a sweetener for a fresh jam.



FARM VISIT 7/19

Rain date is 7/20

Send email to [stoneledge@surferz.net](mailto:stoneledge@surferz.net)

*If you plan to attend.*

#### WEEKLY PICKUP INFORMATION

Pickup location: Door #25,

Suite 138-a

Pickup times: 4:00pm - 6:30pm

SUBMIT A RECIPE: Send recipe ideas or requests to Sarah Murphy at [skmurphy56@gmail.com](mailto:skmurphy56@gmail.com)