
WESTCHESTER CSA

Dear CSA Member,

Sloshing through another week of thunderstorms and rain, Saturday finally brought sunshine and a dry day so we were able to get into the tomato patch to pick. Tomatoes are prone to all kinds of disease and wet weather only makes matters worse. We can't go into the patch when it is wet because any plant that may have a disease will transfer the disease through contact and move it through the patch. The tomatoes are holding on and look great despite the wet conditions. Slowly they are ripening and the flavor is delicious.

There will be a couple of different varieties of tomatoes that will be delivered during the tomato harvest. We pick the entire patch and so varieties will be mixed as they ripen.

The round red tomatoes are hybrid varieties that seem to have been placed somewhere behind heirlooms in the recent press. I'm not sure why because these are the tomatoes that will slice and be delicious on a sandwich. The other varieties that we grow are heirlooms that we have found will transport to the sites. Flora Lee is a long, Italian paste tomato that will almost always have green shoulders. It is thick with very little juice. We have been saving the seeds of this variety for years and it is the best paste tomato we have ever grown. The other heirloom is Gold Queen. This is the smaller, yellow to orange tomato. Very good flavor although slightly softer. The small orange cherry tomatoes are Sun Gold. A favorite.

The rain and thunder and lightning have started again so I need to end. Enjoy the vegetables. Deb

NOTE:

There is a new service that is available to members on line with additional recipes and informational videos based on the vegetables in the share. Check it out!

The direct link is: <http://www.localfork.com/OrganizationProfile.mvc/Blog/1634> or visit: localfork.com in the search box type: Viviane Cooks then click on Viviane Cooks Blog.

WEEK NINE: VEGETABLES

- ✓ Cucumbers-2
- ✓ Orient Express Eggplant-2
- ✓ Walla Walla Onions-2
- ✓ Sun Gold Cherry Tomatoes-1 basket
- ✓ Slicing Tomatoes- 1 ½ lbs
- ✓ Gold Beets-1 bunch
- ✓ Lilac Peppers-2
- ✓ Cilantro-1 bunch
- ✓ Fennel-1 head
- ✓ Summer squash – 2 lbs



FRUIT SHARE: 1 basket of peaches, nectarines and donut peaches, 1 basket of shiro plums

RECIPES FOR THE WEEK

Most often as I am pulling together recipes for this newsletter I focus on individual ingredients and try to give you recipes that make the individual ingredient the star. When I come home after a long day of work however, I sometimes just want to throw something together that uses as many ingredients as I can in a quick, healthy meal. This is particularly true when I am a bit overwhelmed because I haven't used all the veggies yet and the next pick up day is right around the corner! So, I've included a few of my own inventions here as well as some classics that take advantage of the height of the summer harvest!

Whole Wheat Penne w/mixed Vegetables

This is really just a suggestion, not a recipe...use whatever you've got on hand, this week a great combination would be the peppers, onions, summer squash, fennel and cherry tomatoes.

2 tablespoons olive oil
1 walla walla onion, trimmed and thinly sliced
1 fennel bulb, trimmed and sliced
2 peppers, seeded and cut into strips
1 squash or zucchini, cut into matchsticks
1 cup of cherry tomatoes, cut in half
Salt
Dried oregano
4 cups of cooked whole wheat penne pasta

Heat olive oil over medium high heat in a large skillet. Add onions and reduce heat to medium. Cook onions, stirring for about 3-4 minutes until they start to soften. Add fennel and continue to cook for about 5 minutes. Add peppers and squash and sauté until all the vegetables are just starting to soften – about another 5 minutes. Add salt and pepper to taste, plus a pinch of dried oregano (or thyme). When vegetables are nearly done (don't overcook), add the halved cherry tomatoes and stir until they are warm.

Toss the cooked vegetables with the pasta, add some feta or parmesan plus a little more olive oil if desired and serve in large bowls. You can add some red pepper flakes for a spicier meal, and leftover grilled chicken would be a nice addition as well. Serves 4.

Mixed Summer Vegetable Salad

Same idea as the above pasta recipe, but you don't even have to turn on the stove!

1 fennel bulb, trimmed and thinly sliced	¼ cup feta crumbles
1 squash or zucchini, cut in half lengthwise and thinly sliced	Red leaf lettuce
2 peppers, sliced in strips	2 tablespoons red wine vinegar
1 cucumber, peeled, seeded and sliced	¼ cup olive oil
1 basket cherry tomatoes cut in half	½ tsp dried oregano
1 can chick peas, rinsed and drained	Salt & pepper

Mix together ingredients for dressing and toss with fennel and squash, set aside. Prepare the rest of the vegetables and wash and dry the lettuce leaves. Tear the lettuce into large pieces and spread on a serving platter. Toss together all the remaining salad ingredients, including the chick peas & feta and pile everything on top of the lettuce. (**if you have the beets already roasted, chop them and add to salad)

Grilled chicken and ratatouille

Bon Appétit | June 2008

Makes 6 servings

2 medium zucchini, halved lengthwise
1 medium Japanese eggplant, halved lengthwise
1 red bell pepper, cut into 1-inch-wide strips
1 red onion, peeled, cut into 1/2-inch-wide wedges (leave root end intact)
2 medium tomatoes, halved crosswise

2 tablespoons olive oil
6 skinless boneless chicken breast halves (about 3 pounds)
1/3 cup thinly sliced basil
1 1/2 teaspoons red wine vinegar



Prepare barbecue (medium-high heat). Place first 5 ingredients in large bowl. Drizzle oil over and sprinkle generously with salt and pepper; toss to coat. Grill vegetables until tender and slightly charred, about 4 minutes for peppers and 7 minutes for remaining vegetables. Transfer to cutting board. Place chicken breasts in same large bowl. Turn to coat with any remaining oil in bowl. Sprinkle chicken with salt and pepper. Grill chicken, covered, until cooked through, about 6 minutes per side. Let stand 5 minutes.

Meanwhile, coarsely chop vegetables and transfer to another large bowl. Add basil and vinegar and toss to coat. Season with salt and pepper. Slice chicken crosswise into 1/2-inch-thick slices; serve with ratatouille.

Mediterranean Beet & Yogurt Salad

The New York Times online

The New York Times did a wonderful piece on beets and included this recipe. Read more at <http://well.blogs.nytimes.com> (type in “beets” in the search box). According to the article, different versions of this salad are popular from Turkey to North Africa. Red beets are used throughout the Mediterranean, but you could make this pungent salad with any type. Reserve the beet greens for another use.

4 medium size beets, roasted
1 1/2 tablespoons sherry vinegar, white wine vinegar, or cider vinegar
1 teaspoon sugar
2 tablespoons extra virgin olive oil

Salt and freshly ground pepper to taste
1 to 2 garlic cloves (to taste)
1/2 cup thick Greek style yogurt or drained yogurt
2 tablespoons minced dill

1. Roast the beets, peel and cut in wedges or slice into half-moons. Stir together the vinegar, sugar, olive oil, and salt and pepper to taste. Toss with the warm beets and allow to marinate for 2 to 3 hours at room temperature or in the refrigerator.

2. Place the garlic in a mortar and pestle, add 1/8 teaspoon salt, and mash to a paste. Stir into the yogurt. Stir in half the dill. Add salt and pepper to taste. Drain the beets and stir some of the marinade into the yogurt (to taste). Toss with the beets, or arrange the beets on a platter and drizzle the yogurt over the top. Sprinkle on the remaining dill, and serve.

Advance preparation:

The beets can be prepared and marinated 4 or 5 days ahead.

Variation: You may substitute chopped or slivered fresh mint for the dill.

Yield: Serves 4

Herb Salad Recipe

This is from Heidi Swanson's website (101 Cookbooks), and I love the idea of using lots of herbs in a salad – it tastes good, plus I always end up with huge amounts of extras when I buy herbs and the recipe calls for one tablespoon, chopped! This is also another salad where you could swap or add ingredients, use the cherry tomatoes, peppers, cucumbers or finely diced squash.

Heidi's Note: If you like a little spicy kick add some chopped Serrano chile to the avocado dressing.

2 ears sweet corn, husked	1 small handful of small/medium basil leaves
1 big handful lettuce, torn into bite-sized pieces	1 handful of pepitas (green pumpkin seeds), toasted
3 big handfuls green beans or haricots vert, blanched for 20 seconds in boiling salted water, cooled completely under cold water	fine-grain sea salt
1/2 red onion, thinly sliced	1 clove garlic, peeled
1 bunch of chives, finely chopped	1/3 cup Greek yogurt
1 handful cilantro, loosely chopped	1 tablespoon lemon juice
	1 medium avocado

Cut each ear of corn in half and carefully cut kernels from cobs. Combine the raw corn, lettuce, green beans, red onion, herbs, and pepitas in a large bowl.

Now make the avocado dressing by sprinkling a big pinch of salt on the garlic clove. Chop and crush it into a paste. Place the garlic in a medium bowl along with the yogurt, lemon juice, and avocado. Puree with a hand blender (or in a mini prep food processor or blender). Taste; add salt one pinch at a time until properly seasoned. If you aren't dressing the salad immediately, cover with plastic, pressing into the top of the dressing to prevent browning.

Gently toss the ingredients with a couple big dollops of the avocado dressing. Taste; add a bit of salt and/or more dressing if needed. Serves about 6-8.

Roasted eggplant salad with pita chips and yogurt sauce

SELF | August 2007

This appetizer from Chef Joe Bonaparte, academic director of culinary arts at The Art Institute of Charlotte in North Carolina, provides bone-building calcium. It appeared in Self "Dishes" last summer and was a huge hit in my house. I've made some small changes to adjust the recipe to better fit this week's share.

2 medium eggplants	4 cloves garlic, chopped
4 tablespoon fresh lemon juice	1/2 cup finely chopped Italian parsley
1 lilac peppers, cored, seeded and finely diced	1/4 cup finely chopped fresh chives
1 prepared roasted red peppers, diced (jarred is fine)	2 tablespoon finely julienned fresh basil
1 large tomato, seeded and diced	1 tablespoon extra-virgin olive oil
10 yellow or red cherry tomatoes, quartered	1/2 teaspoon salt
	Freshly ground black pepper

Yogurt Sauce

2 cups nonfat plain yogurt	2 tablespoons fresh lemon juice
1/2 cup peeled and diced cucumber	2 teaspoons olive oil
1 jalapeño pepper, seeded and diced	1/2 teaspoon salt
1 tablespoon chopped fresh mint	

Serve with pita chips, flatbread, or any other thin crisp flavorful cracker.

Prepare Eggplant

Heat oven to 450°F. Line a baking sheet with foil. Poke holes in eggplants with a fork. Roast until they collapse, 25-30 minutes. Cool slightly. Cut open, scoop out flesh into a bowl and discard skins. Mix flesh with 4 tablespoons of the lemon juice. Let sit 10 minutes. Place flesh in a fine-mesh strainer; press gently with a large spoon, squeezing out moisture. Chop eggplant. Mix in peppers, tomatoes, garlic, parsley, chives, basil, oil and remaining 2 tablespoons lemon juice. Add salt and pepper. Set aside.

Yogurt sauce

Mix ingredients in a bowl. Set aside.

Serve eggplant with pita chips and yogurt sauce on the side.

Warm Stone Fruit Salad

Vitamins A and C found in the peaches and apricots take the cake in this sweet after-dinner treat. From Body + Soul Magazine.



- 1/4 vanilla bean, split lengthwise
- 1 star anise
- 2 tablespoons brown sugar
- 1 sprig fresh thyme, plus more for garnish
- 4 ripe peaches, halved, pitted, each cut in 6 wedges
- 4 ripe apricots, halved, pitted, each cut into 4 wedges
- 1 cup part-skim ricotta

Directions

In a large skillet, combine the vanilla, star anise, sugar, thyme, and 1 cup water. Bring to a boil and cook until syrupy, about 6 minutes.

Add fruit, reduce heat to medium, and cook 8 to 10 minutes, or until the fruit is tender but not mushy, and the liquid is syrupy again. Shake the pan occasionally to prevent sticking, but don't stir, as this will break up the fruit. Remove and discard spices.

Spoon into bowls; top with ricotta. Serves 4.

Please remember to bring bags to pick up the fruit and vegetables in your share each week. If you have extra shopping bags at home, you can donate in the bin provided. Thanks!



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