

**WEEK 16: CARNEGIE HILL/YORKVILLE CSA September 27, 2005**

## **What's in the bag**

Dear CSA Member,

The seasons are marching on and this will be the last of many of the summer vegetables. The tomato patch has now been picked clean and we are sending green and ripe tomatoes for your share. Members ask us for green tomatoes every year. If you don't want to use the tomatoes green, let them sit and they will ripen. This is also the last picking of Swiss Chard, Eggplant, Opal Basil, Jalapeno Peppers and Tomatillos.

The winter squash in your share this week is Butternut. I think it might be the overall favorite. Winter Squash can be used in any pumpkin recipe as well.

Enjoy the vegetables-Pete and Deb

Tomatillos	Jalapeno Peppers	Beets	Tomatoes	Swiss Chard
Leeks	Peppers (a mix of sweet varieties)	Orient Express	Eggplant	
Broccoli	Butternut Squash	Opal Basil		

### **OPTIONAL FRUIT SHARE**

Cortland Apples      Asian Pears      Gala Apples

### **WHAT TO DO WITH WHAT YOU GOT THIS WEEK**

**BUTTERNUT SQUASH** Split the squash, scoop out the seeds and bake until tender. You can also cut up and steam smaller pieces until tender.

**CORTLAND APPLES** are the flatter, deeper red apple. Deb says that they're good for eating but even better for making applesauce. Her recipe: Cut core, but leave on the skin. Place apples with a bit of water in a large pot and boil until soft. Add cinnamon, nutmeg, star anise and your whole kitchen will smell delicious. Mash or run through a food mill. The skins make the applesauce a beautiful pink color.

**GALA APPLES** are a great eating apple.

### **REMINDER**

**Our annual ELECTRONICS RECYCLING DAY, in conjunction with the Lower East Side Recycling Center (212-477-4022), is this Tuesday September 27 from 3:30 until 7 PM at the 90<sup>th</sup> Street site. Recycle computer monitors, keyboards, printers, scanners, mice, cables, TVs, telephones, cell phones, batteries.**

### **HOW TO CONTACT US:**

Voice Mail: **212-502-8562**

Email: **[veggies@mindspring.com](mailto:veggies@mindspring.com)**

Web page: **<http://veggies.home.mindspring.com/>**

## CSA Q&A: ASK US ANYTHING

...about your share, organic produce or healthy eating. Send questions to our email address.

### **Q: When's the next CSA potluck dinner?**

**A: THIS WEEK, as it happens.** The potluck will be at the home of Kathryn Lyons on Thursday, 9/29 from 6:30 - 9:00. The address is 301 E. 52nd St. apartment #1C. As a courtesy to the hostess, people who plan on coming should send an email to Steve Waxman at [veggies@mindspring.com](mailto:veggies@mindspring.com).

## RECIPES

### **Lima bean, corn and tomato succotash**

Serves 4-6

*3 c. fresh baby lima beans or 15 oz. (1 1/2 packages) frozen beans, thawed*

*3 Tbs unsalted butter*

*1 bunch scallions, chopped*

*2 c. fresh corn kernels (about 2-3 ears)*

*1 c. seeded chopped tomatoes*

*2 Tbs. chopped flat leaf parsley*

*Kosher salt and pepper*

In saucepan, bring  $\frac{3}{4}$  c salted water to boil; add lima beans. Cook 5 minutes (Do not cook limas until they are fully tender). Drain under cold running water; set aside. Heat butter in skillet over moderate heat until the foam subsides; add scallions and cook, stirring until softened, about 2 minutes. Add corn and cook 5 minutes, stirring occasionally, Add beans and cook for another 3 minutes. Stir in tomatoes and parsley, and cook, stirring constantly, 1 minute. Remove skillet from heat. Season to taste and serve.

### **Tomato salsa**

Makes 3-4 cups

This salsa is good on anything: scrambled eggs, chicken, in wraps or sandwiches, and of course, with chips.

*2 lbs. ripe tomatoes (4-5 medium), cored and diced*

*1 small red onion, minced*

*2 jalapeno peppers, cored, seeded and minced*

*2 garlic cloves, minced*

*1 tsp. crushed red pepper flakes*  
*grated zest and juice of one lime*

*2 T. olive oil*

*2 T. white vinegar*

*1 T. sugar*

*1/4 c. chopped fresh cilantro leaves*

*Salt and pepper to taste*

Place first 6 ingredients in a large bowl as you prepare them. Drizzle with oil and vinegar, sprinkle with sugar, cilantro, salt and pepper; toss gently to combine. Cover and refrigerate for at least 2 hours to marry the flavors. The salsa will keep for one week in a covered container in the fridge. The tomatoes may release juices, but it's still very tasty.

### **Basil Vinaigrette**

A great way to use the basil in your share.

*1/2 c. balsamic vinegar*  
*juice of one lime*

*5-7 fresh basil leaves, cut in thin strips, or more to taste*

*1/2 c olive oil*

Whisk vinegar, juice, basil, salt and pepper in a small bowl. Slowly add olive oil, whisking until incorporated. Season to taste with salt and pepper. Use immediately or refrigerate in an airtight container for up to one week.