

WEEK FIVE CARNEGIE HILL/YORKVILLE CSA July 12, 2005

What's in the bag

Dear CSA Member,

A beautiful week of sun and rain has mixed to produce perfect growing conditions. The summer squash and cucumbers have never been better.

We cover the young cucumber and summer squash plants with row cover when we first transplant them. The row cover prevents insects from feeding on their small leaves. When we see the first flowers starting to form, we remove the row cover so the bees can pollinate the flowers and by this time the plants are big enough to withstand most of the insect pests. The Striped Cucumber Beetle is the main pest of cucumber and summer squash transplants. The beetles love the small tender transplants and can defoliate an entire planting seemingly overnight. By the time we take the cover off the transplants, the plants are larger and the beetles are a little less interested.

There are three different kinds of cucumbers that will fill your share this summer. The small whitish cucumber is Boothby Blonde an heirloom variety that is delicious. The small green cucumber is National Pickling Cucumber. Pickling cucumbers are very tender with a very tender skin. They are my favorites. The third is the General Lee Slicing Cucumber, a dark green slicing cucumber. What a treat.

Enjoy the vegetables-Pete and Deb.

| |
|---|
| Red Sail Leaf Lettuce Red Romaine Bright Lights Swiss Chard Summer Squash Perpetual Spinach Green Spring Onions Boothby Blonde Cucumbers National Pickling Cucumbers Oriental Eggplant Oregano Rat Tail Radishes |
|---|

| |
|--|
| Fruit share: Apricots Sweet Cherries Red Currants |
|--|

| |
|---|
| WHAT TO DO WITH WHAT YOU GOT THIS WEEK |
|---|

| |
|---|
| RED CURRANTS Notes Deb: "If you're not familiar with currants, they are a native fruit that is very high in antioxidants. I like to cook them with a bit of sugar, walnuts and raisins until thickened. I spoon this fresh jam over toast." |
|---|

| |
|---------------------------|
| HOW TO CONTACT US: |
|---------------------------|

| |
|---------------------------------|
| Voice Mail: 212-502-8562 |
|---------------------------------|

| |
|---|
| Email: <u>veggies@mindspring.com</u> |
|---|

| |
|---|
| Web page: <u>http://veggies.home.mindspring.com/</u> |
|---|

Cooking with what's in the bag

I don't know about you, but the produce is piling up in my fridge like flights over JFK. Luckily, we got a great recipe from CSA Member Molly Ott to use up some heads of lettuce (no salad-making needed!):

Lettuce and Pea Soup

2 T. butter or olive oil
1 medium onion, diced
4 small or 2 large heads of any lettuce or greens, thinly sliced
6 c. chicken broth or broth/water combo
Salt and pepper
2 T. curry powder
2 packages (4 cups) frozen peas
Plain yogurt or heavy cream
Mango chutney or fresh mango slices

In large heavy saucepan or Dutch oven, sauté onions in butter or oil until softened. Add lettuce and sauté until softened, about 3 minutes. Add curry powder; stir to release aroma. Add broth; season to taste with salt and pepper. Bring to a boil; reduce heat to simmer and add peas. Once peas have cooked (check package directions), allow soup to cool. Puree in small batches in a blender. Stir in yogurt or cream. To serve, reheat and serve with a dollop of yogurt and mango chutney or mango slices on top.

And thanks to Bon Appetit Magazine, a cool way to prepare zucchini (no cooking needed!)

Zucchini Carpaccio

1 ½ lbs. baby zucchini, ends trimmed and sliced thinly crosswise
¼ c. fresh mint leaves, thinly sliced
¼ c. extra virgin olive oil
3 T. fresh lemon juice
Salt and pepper to taste
2 oz. shaved Pecorino Romano cheese (about ½ c.)

Toss zucchini and mint in medium bowl. Whisk oil and lemon juice in small bowl until blended. Season dressing with salt and pepper. Add dressing and half of cheese to zucchini; toss to coat. Cover and chill at least 30 minutes. To serve, sprinkle with remaining cheese. Serves 6.

And finally, a quickie cuke recipe

Cucumbers with Yogurt and Mint

1 c. yogurt
3 T. fresh mint, chopped
½ t. salt
½ t. ground cumin
1/8 t. pepper
4 c. cucumbers, sliced, peeled and seeded

Combine all ingredients except cukes in a bowl. Add cukes, toss to coat. Cover and chill 30 minutes.