

WEEK EIGHT: CARNEGIE HILL/YORKVILLE CSA August 2, 2005

What's in the bag

Dear CSA Member,

Finally, we're moving into August. The summertime vegetables are starting to take over the share. Peppers are plentiful as well as a good share of Orient Express Eggplant. Tomatoes are finally starting to ripen. They have been extremely slow to ripen this summer, a bit of a surprise with all of the heat we've been having. They plants look very healthy and there are many green tomatoes so we're sure the tomato harvest will be good over the coming weeks. The summer squash and cucumbers just don't seem to end. Maybe you can share some with a neighbor or a co-worker if you have had your fill. Enjoy the vegetables-Pete and Deb

Biscayne Frying Peppers Summer Squash Slicing Cucumbers Small Cucumbers Green Peppers Sweet Summer Onions Lilac Bell Peppers Early Jersey Wakefield Cabbage Green Beans Orient Express Eggplant Slicing Tomatoes Basil
--

OPTIONAL FRUIT SHARE

Nectarines Plums Apricots

CSA Q&A

Ask us anything...about your share, organic produce or healthy eating. Send your question to our email address.

Q: "Thanks for the reminder that we should take a variety of sizes and shapes when it comes to our shares. My burning question: I should pass over the mildly blemished, spotty or cracked stuff, right?"

A: Most of us automatically reach for the prettiest produce, but looks aren't everything, according to plant pathologists. In fact, some "ugly" produce may pack a greater nutritional and flavor punch than their pretty, flawless counterparts. When it comes to green peppers, for example, the red spots that appear mean the pepper is sweeter, not past its prime. Most of the dark lines and healed over cracks you spot on tomatoes, eggplants, zucchini and summer squash are caused by growth conditions, not disease, and are just as tasty if not more so. The one thing you should bypass: Bruised produce. Bruises are a sign of damage and may indicate loss of nutrients from the piece of produce.

HOW TO CONTACT US:

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

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

Web page: [**http://veggies.home.mindspring.com/**](http://veggies.home.mindspring.com/)

RECIPES

CSA member Kathryn Lyons shares these recipes that she made for her book club, using some of the bounty from Stoneledge Farms.

Kathryne's Salad

1-2 heads fresh salad greens, washed and torn into bite size bits
1 bunch of beets, boiled, peeled and sliced
1 C. Craisins (dried cranberries)
1 C. walnuts
1-2 lilac peppers, sliced
1 cucumber, chopped coarsely
4-8 ounces of goat cheese, crumbled
Toss and serve with honey-mustard vinaigrette on the side.

Honey Mustard Vinaigrette

1/3 C. olive oil
1/3 C. white wine (or champagne) vinegar
1 shallot, chopped fine
1/4 tsp. dried thyme or 1 tsp. fresh thyme or tarragon leaves
1 T. Dijon mustard
1 T. honey
Mix together until emulsified. Keeps for 2 weeks in the refrigerator.

Fruit Crisp

6-8 C. summer fruits and berries, peeled and chopped*
2 tsp. cinnamon
1 1/3 C. plus 1 T. brown sugar
1 C. oats
1 C. flour
3/4 C. walnuts
10 T. cold butter
Preheat oven to 400 degrees. Toss fruit with 1 tsp. of cinnamon and 1T. brown sugar. Spread the mixture into an 8" sq or 9" round lightly greased baking dish.
Pulse remaining ingredients in food processor or (if by hand) soften butter and add to dry ingredients. It should be well mixed, but not necessarily uniform. Spread topping over fruit and bake for 30-40

minutes. Serve hot, warm or cold. Tastes great with ice cream!

*Apricots (and stone fruits like peaches and plums) taste great in this recipe and we loved the added tartness of red currants. Blueberries and rhubarb work well, too.

"Bikini"* Bread

3 C. flour (I use equal parts whole-wheat and all-purpose)
2 C. sugar (or a little less)
1 tsp. salt
1 tsp. baking soda
1 tsp. baking powder
1 T. (rounded) cinnamon
1 tsp. nutmeg
1/2 tsp. ginger (or ground cloves or all-spice or pumpkin pie spice, etc)
3 eggs
1 C. vegetable oil (I often use 1/2 C. applesauce and 1/2 C. oil)
1 T. vanilla extract
2-3 C. unpeeled grated zucchini or summer squash (about 3 large) or carrots

Preheat oven to 325 degrees. Grease and flour two 9x5 loaf pans. In large bowl, combine all dry ingredients. In a small bowl, whisk together eggs, oil and vanilla. Pour contents of small bowl into large bowl; mix well. Mix in vegetables. Halve the mixture and pour into pans and bake for one hour until golden brown.

I slice loaves into 1/2-inch slices, wrap separately in foil and freeze but you could also freeze the whole loaf, wrapped in foil.

*Our daughter's pronunciation of zucchini.