

WEEK

15

DEAR CSA MEMBER,

Summer is leaving on a beautiful note. Warmth and sunshine are welcome as we finish some of the summertime crops. This will be the last week for a couple of tomatoes for each share, eggplant, Lipstick Peppers and Lilac Peppers. The plentiful rain has been beneficial for the growth of the fall greens. New this week is Siberian Kale. It is a large, green kale that is very tender and has an exceptional flavor. This is a new variety for us and we have been very pleased with it. We are also picking turnip greens for the first time. The plant is a Brassica like Mustard Greens and the flavor is very similar. For the first time in all the years that I have been seeding transplants for the CSA, I was also able to germinate and propagate Rosemary in a quantity that is sufficient for CSA harvest. Rosemary is a very difficult plant to grow from seed and I am proud to finally have success. Enjoy the vegetables-Pete and

**Leeks**

**Lipstick, Lilac and Green Bell Peppers Potatoes**

**Summer Squash**

**Siberian Kale Loiusiana and Orient Express Eggplant**

**Turnip Greens Slicing Tomatoes Rosemary**

**OPTIONAL**

**FRUIT SHARE: Macintosh Apples Concord Grapes Nectarines**

**Leeks** // // // //

They look like large, flat-leaved scallions, but leeks can seem exotic or even downright intimidating in their green headdresses. It may be because in the United States, leeks are eaten as a delicacy in restaurants rather than prepared at home. But it's worth the effort to cook with them. Their delicate, buttery flavor truly makes a meal special. To store, loosely wrap unwashed leeks in a plastic bag and store in the vegetable bin of your refrigerator. They will last for at least a week. When it comes time to cook them, cut the leek about 1 inch above the white part, where the leaves begin changing from dark to light greens. (Save the unused greens; they'll give great flavor to soup or vegetable stock.) Slit the leek lengthwise and soak in water for up to 15 minutes. Fan the leaves under running water to dislodge any dirt or sand that may have collected there, then pat dry thoroughly. You can julienne a leek by cutting it lengthwise, or slice it crosswise. If you want to clean a leek that you will be cooking whole, make a slit down one side to within an inch or two of the root end. Then, spread the leaves under running water to clean the leek. During cooking, the leek will stay whole. When serving, arrange the leek with the cut side down.

**Leeks "play" well with these culinary partners:** (Courtesy of the Real Dirt on Vegetables)

- bay leaf, caraway, chervil, chives, chile pepper, curry, dill fennel, garlic, ginger, lovage, mustard, nutmeg, oregano, paprika, parsley, rosemary, saffron, sage, tarragon, thyme
- Hazelnut oil, lemon, olive oil, peanut oil, soy sauce or tamari, wine
- Butter, cheddar cheese, cream, creme fraiche, eggs, goat cheese, Gruyere cheese, Parmesan cheese
- Capers, celery, barley, olives, onions, potatoes, scallions

**Greek Pasta and Leeks** // // // // Serves 4

- 12 oz. uncooked spinach pasta (fusilli or penne is best)
- 2 T. olive oil
- 2 leeks, thinly sliced

- 2 tsp. fennel seeds
- 6 cloves garlic, minced (about 3 tsp)
- 1 lb. tomatoes peel and chopped (or one 28-oz can of crushed tomatoes)
- 1/2 c. kalamata olives, chopped
- 1 T. fresh oregano or 1 1/2 tsp. dried oregano
- 1/2 tsp. salt
- 1 T. red wine vinegar
- 2 to 4 oz. feta cheese, crumbled
- freshly ground black pepper

Cook the pasta according to package directions; drain well. Heat the oil in a large skillet over medium heat. Add leeks, fennel seeds and garlic; saute until leeks are soft, about 20 minutes. Stir in tomatoes, olives, oregano and salt; simmer, uncovered until there is very little liquid left, about 20 minutes. Stir in red wine vinegar. Remove from heat. Add feta cheese and black pepper to taste. Place pasta in bowl; pour sauce over. Toss to combine and serve.

**Leek, Pear and Walnut Salad** // // // // Serves 4

- 1/2 c. walnut halves
- 1 T. unsalted butter
- 5 T. olive oil, divided
- 2 large leeks, white and green parts only, sliced (at least 3 cups)
- 4 c. mixed salad greens
- 1/4 tsp. salt
- freshly ground black pepper
- 1 1/2 T. balsamic vinegar
- 2 pears, cored and sliced (sprinkle with lemon juice to prevent browning)
- 4 oz. cheese, crumbled or thinly sliced (chevre, fresh pecorino, Parmesan, fontina or smoked Gouda work well)

Toast the walnuts in dry heavy skillet (preferably cast iron) over high heat until they start to brown in spots and become

fragrant. (Be careful not to overtoast them, as they will burn very quickly once toasted.) Immediately transfer nuts to a dish to cool. Chop the nuts. Heat the butter and 1 tablespoon of the oil in a large skillet over medium-low heat. Add the leeks; cook, stirring occasionally, until they are a deep golden color, about 45 minutes. Drain and cool. In a large bowl, toss the salad greens with the salt and pepper to taste. Add the vinegar and toss; add remaining olive oil and toss again. Divide greens among four plates; sprinkle with the caramelized leeks and toasted walnuts. Arrange the pear slices on leeks and top with cheese. Serve.

### **Lemon-Cumin Peppers** // Serves 4

Use these peppers as a bed for grilled fish (or meats). They're great in sandwiches, on pasta or on a bed of greens. They pair nicely with rice pilaf, too.

- 1/2 c. plus 1 T. olive oil
- 2 purple or red peppers, thinly sliced
- 2 green or yellow peppers, thinly sliced
- 1/4 c. fresh lemon juice
- 2 T. minced fresh parsley
- 1 tsp. ground cumin
- 1 tsp. honey (optional)
- 1 clove garlic, minced (about 1/2 tsp.) (optional)
- 1/4 c. finely chopped scallions or red onion
- 1/2 tsp. salt
- freshly ground black pepper

Heat 1 tablespoon of the oil in a large skillet over medium high heat. Add the peppers; sauté, stirring until slightly soft, about 3 minutes. Let cool. Combined the remaining oil, lemon juice, parsley, cumin, honey and garlic (if using) in a large jar. Twist on lid tightly and shake vigorously until combined. Toss peppers and scallions with vinaigrette in a large bowl; add salt and season with pepper to taste. Cover; refrigerate one hour. Serve.

### **Zucchini-Ginger Cupcakes** // // // Serves 12

A good way to sneak some veggies into your menu. Who can resist a cupcake?

- 1/3 c. crystallized ginger (1 3/4 oz.), coarsely chopped
- 2 c. all-purpose flour
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1 tsp. finely grated fresh orange zest
- 1 tsp. salt
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 2 c. coarsely grated zucchini (about 2 medium)
- 3/4 c. mild honey
- 3/4 c. olive oil
- 2 large eggs, lightly beaten
- 1 tsp. vanilla
- For frosting**
- 8 oz. cream cheese, softened
- 2 T. unsalted butter, softened

- 1/2 c. confectioner's sugar
- 1 tsp. vanilla
- 1/2 tsp. ground ginger
- 1/2 tsp. ground cinnamon
- 1/2 tsp. finely grated fresh orange zest

For cupcakes: Put oven rack in middle position and preheat oven to 375 degrees F. Line muffin cups with paper liners. Pulse crystallized ginger in food processor until finely ground, then add flour, ground ginger, cinnamon, zest, salt, baking soda, baking powder and pulse until combined. Whisk together zucchini, oil, honey, eggs and vanilla in medium bowl, then stir in flour mixture until just combined. Divide batter among muffin cups and bake until golden and a wooden pick or skewer inserted in center of a cupcake comes out clean 20 to 24 minutes. Cool in pan on rack 10

minutes. Remove cupcakes from pan and cool completely, about 1 hour. Make frosting: Beat together all ingredients with an electric mixer at high speed until combined well and fluffy, 3 to 5 minutes. Frost tops. Serve.

### **CSA NEWS, VIEWS & Q'S**

#### **Lost and waiting to be**

**found:** Still missing and waiting to be reunited with its owner(s)

Deb reports: "There are still a couple of items that have not been claimed from the Farm Visit:

- A tupperware rectangular container with lid
- A clear plastic serving spoon
- A white Pyrex serving spoon
- A purple sweatshirt
- An electrical cord

If any of these belong to you, please let me know and I'll send them with the vegetable share next week."

#### **An open question to all of our CSA members:**

**Q:** This year's Farm Visit was a big success. Now, we have to start thinking about next year's visit! Does anyone have any suggestions for the next farm visit. Entertainment? Activities? Do you want to make a special food request? Some members asked about having grilled corn on the cob and potatoes for the visit. Deb notes that there was half of the grill that was unused and we could have put that unused half to grill corn on the cob, potatoes, whatever. Leave any written suggestions at your site.

### **Mess o' Greens Salad** // // // // Serves 3 or 4

- 3 c. fresh kale, turnip collard greens
  - 1-2 T. balsamic vinegar
  - 1 tsp. (or more) honey
  - 1 T. Dijon mustard
  - 2 tsp. vegetable oil
  - 1/2 c. pecans, coarsely chopped
- Thoroughly wash the greens and dry well. Remove and discard any long, tough stems. Tear the greens into bite-size pieces and place in a serving bowl. In a small bowl, combined the vinegar, honey and mustard. Set aside. Heat the oil in a skillet until hot but not smoking. Add the vinegar mixture and pecans and cook, stirring regularly, for 2 to 3 minutes. Pour over the greens and serve at once.

### **Braised Greens** // // // Serves 3 to 4

If you serve these greens on top of rice, it becomes a main course and serves 2 or 3 people.

- 1 lb. turnip greens or kale, cut in thin strips
- 2 c. vegetable or chicken broth
- 3 T. butter
- 3/4 c. onion, chopped
- 1 tsp. minced garlic
- 1 T. grated fresh ginger
- 1 jalapeno, steam and seeds removed, minced
- freshly ground black pepper

Combine greens and broth in non-aluminum pot. Bring to a simmer, and cook covered, until tender, about 35 minutes. Heat 2 T. butter in skillet, stir in onion and garlic; cook until soft. Add ginger and pepper; stir to combine. Add onion mixture to greens; heat until liquid has nearly evaporated. Remove from heat and stir in remaining butter; season to taste. Serve.