

WEEK

17

DEAR CSA MEMBER,

Sliding into fall and we're still dealing with rain and soggy conditions in the fields. We are still picking summer squash and it looks like we will have squash until a frost. We also picked the last of the Paprika peppers (caution: hot!) and Habaneros this week. New this week is the first of the garlic. The garlic was harvested in July and has been curing in the barn. Garlic cloves are planted in October and overwinter in the field. They will be the first greens in the spring and some of the first vegetables in the CSA shares in June. This year the garlic is large and delicious. I think all the rain really put some extra size on the bulbs and the harvest was very good. This week is also the yearly pumpkin for your share. Cook the same as a winter squash and use interchangeably with winter squash in recipes.. Enjoy the vegetables-Pete and Deb

Pumpkin
Collard Greens
Habanero Peppers
Paprika Peppers
Potatoes

Summer Squash
Garlic
Turnip Greens
Beets
Basil

OPTIONAL
FRUIT SHARE:
Cortland Apples
Blue Free Plums
Anjou Pears

Cooking Greens // // // //

The big difference between salad greens and cooking greens is leaf size—cooking green are big. Kale and chard leaves might grow to be longer than your forearm. Some greens, like those of beets and turnips, come attached to the roots. In this week's share, you'll see that many of the bunches have small turnips on them. The week's beets, however, do not have any attached greens. Deb reports that the greens have just not held up and she wanted to harvest the beets that were in the first planting. Cooking greens are essential to many cuisines. Their short cooking time, versatility, flavor and nutritional benefits make for a winning combination. Collards have large, smooth, paddle-shaped leaves. They contain almost as much calcium as milk. The thick stems require longer cooking than the leaves. Season with vinegar, hot pepper sauce, garlic, onions, chile peppers or lemon. Turnip greens are coarse, have a slight bite and look very similar to radish leaves. It is good to blanch them before cooking. They do well combined with other greens and cooking lightly with oil, vinegar, hot sauce, ground red pepper, sugar, garlic or onions.

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

- allspice, basil, caraway, celery leaves or seed, chile, chives, coriander, dill, fennel, garlic, ginger, nutmeg, oregano, parsley, paprika, red pepper flakes, sage, savory, tarragon, thyme
- Mustard oil, olive oil, roasted peanut oil, sesame oil, vinegar
- Asiago cheese, butter, cream, Parmesan cheese, Monterey Jack cheese
- Celery, leeks, mushrooms, onion, potatoes
- Hard-cooked eggs, legumes, pasta, rice

Sauteed Greens // // // //Serves 4

- 1 large bunch collards
- 1 large bunch kale or turnip greens
- 3 T. olive oil
- 6 cloves garlic, minced
- 1/2 tsp. salt

- 1/2 tsp. fresh ground black pepper
- juice of 1/2 lemon
- hot pepper sauce (optional)

Rinse greens well in bowl of cold water. Drain and cut off tough stems. Cut leaves into 1/4-inch stripes. You should have about 8 packed cups. In heavy skillet or wok, heat olive oil over medium high heat. Add garlic and cook, stirring, 30 seconds. Add half the collard greens and cook, stirring for about 30 seconds. Add half the kale and cook, stirring, for about 1 minute, until they begin to soften. Add remaining greens and cook, stirring constantly for about 10 minutes or until greens are tender. Season with salt, pepper, lemon juice and hot pepper sauce. Serve.

Greens with Tempeh and Brown Rice // // // //Serves 4

- 2 1/2 c. vegetable or chicken (or cold water)
- 1 c. uncooked brown rice, rinsed
- 3/4 T. mild flavored vegetable oil
- 8 oz. tempeh, cut into 1/2-inch cubes
- 2 medium red potatoes, scrubbed and cut into 1/4-inch cubes
- 3 to 4 cloves garlic, minced or pressed
- 2 T. grated fresh horseradish (prepared is okay)
- 1 T. grated fresh ginger
- cayenne pepper
- 1/2 tsp. toasted sesame oil
- 6 to 7 large leaves cooking greens, about 3/4 cup, stems removed
- 2 tsp. soy sauce or tamari

Combine stock or water with rice in a 2-quart pot and bring to a boil. Reduce heat so stock continues at a gentle simmer. Cover and cook until rice is tender and water is absorbed, 45 to 60 minutes. About midway through the rice cooking time, heat the oil in a large skillet over medium-high heat. Add tempeh, potatoes, garlic, horseradish, ginger and a pinch of cayenne. Cook, stirring frequently, until potatoes are tender and golden brown, about 8 minutes. Stir in sesame oil and cook

for 2 minutes more. Remove skillet from heat. Put greens into steamer basket set over 1 1/2 inches of boiling water; cover and steam until greens are just tender, 3 to 8 minutes or chard; 20 minutes for kale. Transfer greens to skillet. Add soy sauce or tamari. Stir to combine. When rice is cooked, remove from heat. Let stand, covered, 5 to 10 minutes. Divide rice among plates and top with greens.

Spaghetti alla carbonara di Zucchini // Serves 4 to 6

- 5 T. olive oil
- 1 garlic clove, peeled
- 1 lb. medium zucchini, trimmed and cut into 1/4-inch thick rounds (about 3 1/2 cups)
- 2 large eggs, room temperature
- 3/4 c. freshly grated Parmesan cheese (about 2 1/2 oz)
- 12 oz. spaghetti
- 6 large basil leaves, torn into pieces, divided

Heat oil in heavy large skillet over medium heat. Add garlic and sauté until pale golden, about 1 minute. Add zucchini and sauté until beginning to color about 15 minutes. Remove from heat; discard garlic. Meanwhile, whisk eggs and Parmesan in large bowl to blend. Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain pasta; add to egg mixture and toss to coat (heat from pasta will cook eggs). Add zucchini and half of basil to pasta, stir gently to combine. Sprinkle with remaining basil and serve.

Zucchini Frittata // // // Serves 4

- 4 small zucchini, unpeeled
- 2 T. olive oil
- 2 T. butter
- 1 c. fresh sliced mushrooms
- 4 eggs, well beaten
- 1/2 tsp. salt
- 1/3 c. grated Parmesan cheese

Heat oven to broil. Shred zucchini with box grater. Place in a paper towel and squeeze out any excess moisture. Heat oil in a 10-inch skillet with an oven-proof handle. Sauté mushrooms briefly, then add zucchini. Cook until squash is barely tender, about 4 minutes. Pour eggs over vegetables. Stir once quickly to coat vegetables. Cook over low heat until eggs begin to set. Sprinkle with Parmesan. Place under broiler until cheese brown. Remove, let set for 2 to 3 minutes. Cut into wedges and serve.

Herbed Potatoes with Zucchini // // //

/Serves 4 to 6

- This is great with breakfast or brunch-time eggs.
- 4 small red potatoes
 - 1/2 medium onion, finely chopped
 - 1 T. vegetable oil
 - 1 tsp. dried fennel seeds

- 1 tsp thyme
 - 1 tsp. basil
 - 1 c. fresh or canned corn kernels
 - 1 small zucchini, cut lengthwise in half and sliced crosswise 1/4-inch thick
 - salt and pepper
 - olive oil
- Cut potatoes into eights; steam or boil until tender but still firm. Add vegetable oil to a hot skillet, cook onion over medium high heat until lightly browned, about 5 minutes. Add seasonings and cook, tossing 15 to 30 seconds. Add potatoes, stir until coated with seasonings. Add in corn and zucchini and cook 2 to 3 minutes, until vegetables are crisp tender. Season with salt and pepper. Drizzle with olive oil. Serve.

CSA NEWS, VIEWS & Q'S **Dry your paprika!**

A recipe from a member: Make sure peppers are absolutely dry before hanging them by the stems (without touching) in a dark place. I use a walk-in closet. Leave them for about 2 weeks. As they dry, the skins shrivel but the color remains bright red. When dried, cut off the top stem, slit and remove seeds. Wear gloves when handling. The heat is mainly in the seeds and white interior. If you want sweet paprika, exclude these parts. If you want mildly hot, leave in the white interior. If you want hot paprika, use the whole pepper. Cut into pieces and grind in a spice grinder (I use an old Moulinex coffee grinder). Store in a clean spice jar, tightly closed. Hint: To clean the grinder, pulse a little uncooked white rice to clean away spice residue.

The Case for Spinach

Listen to Brian Lehrer's interview with Marion Nestle, professor of Nutrition Food Studies at New York University and Just Food board member Joan Gusow, emeritus professor of Nutrition and Education at Columbia University, discussing the tainted spinach epidemic. Go to <http://www.wnyc.org/shows/bl/episodes/2006/09/26> to listen.

Zucchini-Onion Flatbread //Serves 4 to 6 Nonstick vegetable oil spray

- 1 10-oz tube refrigerated pizza dough
- 3/4 c. garlic-herb cheese spread (such as Alouette) divided
- 3/4 c. finely grated Parmesan cheese, divided
- 3 T. chopped fresh parsley, divided
- 1 small red onion
- 1 7-8-inch long zucchini, cut crosswise into 1/8-inch thick rounds, divided
- olive oil

Preheat oven to 400 degrees F. Line baking sheet with parchment paper; spray with cooking spray. Unroll dough onto parchment. Spread half of herb cheese over 1 long half of dough; leaving 1/2-inch plain border. Sprinkle with half the Parmesan and 2 T. parsley. Using parchment as aid, fold plain half of dough over filled half (do not seal edges). Spread remaining cheese over top; sprinkle with remaining Parmesan. Remove enough outer layers of onion to yield a 2-inch-diameter core; cut into 1/8-inch thick rounds arrange 1 row of zucchini down one long side of dough. Arrange onion rounds in row alongside zucchini. Arrange one more row of zucchini alongside onion. Brush vegetables with oil; sprinkle with salt and pepper. Bake bread until puffed and deep brown at edges, about 24 minutes. Sprinkle with remaining parsley; serve.

BETTER SCHOOL FOOD FOR KIDS

Get soda and junk food out of school lunches, vending machines and school stores! Urge your congress-person to support Child Nutrition Promotion and School Lunch Protect Act, S. 2592/H.R. 5167.

You can take action on this alert via the web at: <http://takeaction.cspinet.org/campaign/School-FoodNewMembers>

Also, visit this site to tell your friends about this. <http://www.cspinet.org/takeaction/index.html>