



DEAR CSA MEMBER,

Quite a week of extremes. First the heat and dust and then the rain and mud. There are String Beans this week in your share and they are delicious. We picked them at just the right time and I hope you enjoy them. There is also the first picking of beets. I think this year you will be very happy with how sweet and delicious they are. The greens are still fine to remove and use as a cooked green. The herb this week is Summer Savory. It is so beautiful that if you don't want to cook with it, I think it will make addition to your table in a vase. In the seed catalog it's described as "Peppery flavor adds spice to dishes; for flavoring fresh and dried beans, cabbage and sauerkraut." This week there are beans and cabbage in the share so I hope the Summer Savory adds a good flavor to either. Enjoy the vegetables. —Pete and Deb

**Summer Squash**  
**Scallions** 1 bunch  
**Spinach** 1 bunch  
**String Beans**  
1 quart

**Fennel** 1 head  
**Red Ace beets**  
2 pounds  
**Summer Savory**  
1 bunch

**Orient Express**  
**Eggplant** 3  
**Wakefield**  
**Cabbage**  
1 head

**Cucumbers**  
**OPTIONAL FRUIT**  
**SHARE:**  
**Peaches** 1 bag

**Red Lake Currants**  
1 basket  
**Sugar Plums**  
1 bag

**Beets** // // // //

If beets still have greens attached, cut them off, leaving an inch of stem. Keep these greens unwashed and refrigerated in a closed plastic bag. Store the roots unwashed in a plastic bag in the crisper bin of the fridge. They will keep several weeks, but their sweetness declines over time. Just before cooking, scrub beets well and remove any scraggly leaves and rootlets.

**Cooking ideas** (courtesy of *The Real Dirt on Vegetables*):

- Grate peeled, raw beets into salads.
  - Bake beets in covered roasting pan with 1/2 cup of water at 400 degrees F. or boil them, until easily pierced with a sharp knife. Either method takes 45 minutes to an hour. Season cooked beets with butter, salt and pepper or with cream and chopped fresh herbs or vinaigrette.
  - Alternate baking method: Trim the beets, removing the stem and root ends. Wrap individually in aluminum foil. Bake in a preheated 425 degree F. oven until tender, about 50 minutes (but this really depends on the size of the beets. Remove from oven and cool. When beets are cool enough to handle, slip off the skins under running water. This helps prevent purple fingers!
  - To boil: Trim the beets, removing both stem and root ends. In a large pan, bring water to a full boil. Add the beets and then return to a boil. Lower the heat and boil the beets, covered, until they are tender and can be pierced easily with a paring knife, about 40 minutes. Cool beets, then peel as above.
  - Use peeled and sliced roasted beets in soup or grate them, toss with olive oil and salt over pasta.
- \* TIP: Cook all your beets at once, then store in the refrigerator to use in recipes or salads.

**Beets "play" well with these flavor partners:**

- allspice, basil, caraway, cilantro, coriander, cumin, radish, lemon balm, mint, nutmeg, parsley, tarragon.
- citrus juice, mustard oil, olive oil, prepared mustard, vinegar
- butter, cream, yogurt
- apples, oranges
- capers, celery, chiles, endive, onions, shallots, walnuts

**Roasted Beets** // // // // Serves 3

This is a simple yet delicious recipe from Bon Appetit.  
15 baby beets, unpeeled, all but one inch of tops trimmed, rinsed  
2-3 large fresh rosemary sprigs  
1 T. butter  
1/4 c. olive oil (scant)

Preheat the oven to 375 degrees F. Place beets in roasting pan. Add rosemary sprigs and enough water to barely cover beets. Cover pan tightly with foil. Roast beets until tender, 40 to 50 minutes. Transfer beets to work surface. Peel while still warm (clean rubber gloves help). Place on rimmed baking sheet. (Can be made one day ahead. Cover; chill) Preheat oven to 350 degrees F. Melt butter with oil in a small saucepan. Pour over beets on sheet; toss to coat. Sprinkle with salt and pepper. Bake until heated through, about 20 minutes. Place in serving bowl. Serve.

**Beet Salad with Lemon Gorgonzola Vinaigrette** //

// Serves 3 to 4

1/4 c. fresh lemon juice  
1 T. red wine vinegar  
1/4 c. plus 1/3 c. olive oil  
1/4 c. Gorgonzola cheese (about 4 oz)  
1 c. torn bite-size pieces French bread  
1/4 c. chopped fresh herbs (a mixture of parsley, basil, rosemary)  
1 garlic clove, minced  
12 baby beets, trimmed and scrubbed  
4 oz. baby arugula or mixed greens (about 6 c.)

Place lemon juice and vinegar in small bowl. Whisk in 1/4 c. oil. Stir in cheese. Season with salt and pepper. Preheat oven to 375 degrees F. Heat remaining oil in medium ovenproof skillet. Add bread pieces; toss to coat. Add herbs and garlic; toss to coat. Saute until bread is crisp, about 4 minutes. Using slotted spoon, transfer croutons to plate in a single layer. Cool. Add beets to same skillet, tossing to coat with any

remaining herbs and oil. Cover skillet with foil and transfer to oven. Roast until beets are tender, about 45 minutes. Cool, Peel; cut in half. Toss arugula with remaining dressing in large wide bowl. Season with salt and pepper. Top with beets, croutons and serve.

**Green Beans with Summer Savory** // // // // Serves 1 or 2

This is a quick easy recipe for both the green beans and the summer savory in your share this week.

1 lb. fresh green beans, trimmed

2 T. unsalted butter

1 T. finely chopped fresh summer savory

fresh ground black pepper

Bring a large pot of water to a full boil. Add generous dash of salt and green beans. Cook on high, uncovered, for 6 to 8 minutes, until crisp-tender. Drain and rinse with cold water. Drain again and keep cool until ready to eat them (this keeps the beans a bright green color). Melt butter in saucepan, add savory and beans. Cook for 1 to 2 minutes, season with pepper and serve hot.

**Rigatoni with Green Beans and Pesto**

// // // // Serves 2 to 4

3/4 to 1 lb. rigatoni

10 oz pesto (prepared or homemade)

3 T. olive oil (optional)

1 1/2 c. green beans, chopped in thirds

Cook pasta in salted boiling water until al dente. Immerse in cold water to stop the cooking. Steam green beans until crisp-tender; drain and immerse in cold water. In a large bowl, mix together pasta, pesto, oil (if needed) and green beans, stirring well to coat with pesto. Season to taste and serve.

**Sweet and Sour Cabbage** // // Serves 2 to 3

Try it warm or cold.

1 head Early Jersey Wakefield cabbage, shredded

2 T. oil or butter

1 apple, peeled and chopped

1 T. apple cider vinegar

1 T. honey

dash of ground cloves

Place cabbage in a stew pan and add oil or butter. Cover tightly and cook over medium high heat until the cabbage has wilted. Add apple, vinegar, honey and cloves. Stir and cover. Stew on top of the stove over low heat for 30 minutes. Serve.

**Summer Squash Pancakes** // // // Serves 6

3 c. grated summer squash or zucchini

1 t. salt

3 eggs

1 c. Feta cheese, grated or crumbled

1 1/2 t. fresh mint leaves, minced

3T. flour

Pepper

**Butter**

Mix zucchini or squash with salt. Place in a colander and let stand for 1 hour. Squeeze out excess moisture with your hands or by rolling in a kitchen towel. In a bowl, beat eggs. Add remaining ingredients. Melt butter in skillet. Fry 1 table-spoon at a time over medium high heat. Brown on both sides. makes 18 pancakes.

**Eggplant Kuku** // // // // Serves 4 to 6

This souffle is Persian in origin, according to Gourmet magazine. The taste? Like a warm, puffy baba ghanouj.

1 1/2 lb eggplant, halved lengthwise  
olive oil for greasing

6 large eggs, separated

1/2 oz. Parmigiano-Reggiano, finely grated with a rasp (about 1/2 cup)

1 garlic clove, minced

2 1/2 T. fresh lemon juice

1/4 tsp. fresh ground black pepper

1 tsp. salt

2 T. unsalted butter, melted

Put oven rack in middle position and preheat oven to 375 degrees F. Bake eggplant, cut sides down, in a oiled shallow baking pan until very tender, 20 to 30 minutes. When cool enough to handle, scrape flesh into a food processor, discarding skin, and puree until smooth. Add egg yolks, cheese, garlic, lemon juice, pepper and 3/4 tsp. salt and pulse until blended. Transfer to a bowl. Pour melted butter into a 6-cup (1 1/2-quart) gratin dish or a 9 1/2-inch deep dish pie plate and tilt to coat bottom. Beat egg whites with remaining 1/4 tsp. salt using an electric mixer at medium speed until they just hold stiff peaks. Fold one third of whites into eggplant mixture to lighten, then fold in remaining whites gently but thoroughly. Spoon into gratin dish. Bake until golden and puffed, 25 to 30 minutes. Serve.

**Crustless Squash Pie** // // // // Serves 8 to 10

1 large onion, chopped

1/2 c. vegetable oil

1/2 c. Parmigiano-Reggiano cheese, grated

4 eggs, beaten

1 T. parsley

3 c. summer squash or zucchini, grated

1 c. Bisquick

1 c. cheddar cheese, shredded

Preheat oven to 350 degrees. F. Combine onion, oil, Parmigiano-Reggiano cheese, eggs and parsley. Stir well. Add in squash, Bisquick and cheese. Pour into two 9-inch greased pie plates. Bake on rack set on middle level in oven for 35 minutes or until golden brown. Serve.

**CSA:**

**ASK US ANYTHING**

**Q:** You forgot a greemarket in our neighborhood. Want to hear about it?

**A:** Absolutely! There is a Greenmarket also on Fridays at the corner of 99th and Madison, near Mount Sinai Hospital from 9 am to 4 pm. "It's small, but the quality is good." In case you didn't read about the other two new Greenmarkets, they are:

- St. Stephens, E. 82nd St. (First & York Aves.), Saturdays, 10 am to 3 pm
- Holmes/Isaacs Towers E. 92nd St., near First Ave., Sundays, 9 am to 5 pm.

**NEWSFLASH FROM OUR**

**FARMER:** Deb says: "I just wanted to make a note about the summer squash. Some of the Magda has gotten larger and in the seed catalog it said that the larger Magda squash are good used like you would an eggplant for Magda Parmesan. The shape is very much like an eggplant. I sent some of the larger squash along for members that would like to give this a try."

**OUT AND ABOUT:** This Sunday, July 30, from 10 am to 5 pm, there is a garden and farm tour hosted by the Ancram Preservation Group. For more info (program, directions etc) and tickets, see [aginc@taconic.net](mailto:aginc@taconic.net)