



DEAR CSA MEMBER,

This week rain finally gave us a bit of relief from the very dry conditions we had been enduring. We have overhead irrigation and drip irrigation so we are able to keep the plants growing in dry times, but there is nothing like a good soaking rain to really revive the plants. New this week are the first beets. The root portion of the beet is what people typically use. The greens are also just beautiful and should be removed, washed and steamed as a vegetable all by themselves. I think the greens and the beet roots will keep better if the greens are removed and stored separately. Scallions and the very first delicate skinned, red potatoes are also in your share. Summer squash is still producing like nothing we have ever seen before and so you have more delicious squash this week. The second planting of lettuce should be ready to harvest next week or the following. Enjoy the vegetables-Pete and Deb

Scallions
Red Norland
Potatoes

Bright Lights
Swiss Chard
Red Bok Choi

Genovese Basil
Summer Squash
Beets

FRUIT
Blueberries
Sweet Cherries
Currants

Swiss Chard Tian

/// Serves 4 to 6

From A Complete Menu Cookbook for All Occasions by Brother Victor-Antoine d'Avila-Latourrette

1 pound (or one generous bunch, if that's what you've got!), trimmed

Olive oil, as needed

1 leek or 1 onion, chopped (if using a leek, make sure it's cleaned, and only use the white and light green parts)

3 garlic cloves, minced

3 eggs

Salt and pepper to taste

4 tsp. water

Bread Crumbs, as needed

Chop the chard, both leaves and stems, and then boil the chard for about 10 minutes in lightly salted water. Drain the chard and set it aside. Preheat the oven to 350 degrees. Pour some olive oil into a large skillet. Add the onion and saute lightly over low-medium heat for 2-3 minutes. Add the garlic, and saute for another minute. Add the Swiss chard and continue sauteing for 2-3 minutes more, blending the ingredients well. Beat the eggs in a deep bowl, add the salt, pepper, and water. Mix well. Butter thoroughly a long, ovenproof dish. Place the chard mixture in it and spread evenly. Pour the egg mixture on the top and also spread evenly. Sprinkle some bread crumbs over the top surface. Place the dish in the oven for about 25-30 minutes. Serve hot.

Sarnapur (Yogurt and Chard Soup) // Serves 4

This soup can be served either hot or cold.

1/2 c. chopped toasted walnuts

1 1/4 c. water

1/4 c. rice

2 c. chopped swiss chard leaves, packed

1 1/2 T. flour

3 c. yougurt

3 c. cilantro leaves chopped

1 c. mint leaves. chopped

salt

In large pan, add walnuts to water, bring to boil and simmer until slightly tender, about 5 minutes. Add rice, cover and simmer until done, about 15 minutes. In medium pan, cook chard in 2 cups water until tender, 2-3 minutes. Drain well. In small bowl, stir flour into yogurt until smooth. Stir into rice, bring slowly to boil, stirring constantly, and cook, continuing to stir, until thickened, about 1 minute. Add yogurt and cooked chard to rice. Stir in cilantro and mint. Season to taste with salt. Cook 3 minutes. Serve hot or cold.

Chard Enchildas // // // // Serves 4 to 6

1 2 T. canola oil

2 cloves garlic, peeled and chopped

1 onion, peeled and chopped

4 c. chard, coarsely chopped*

1 T. butter

1 T. flour

1/2 c. milk

1/2 c. cheddar cheese, grated

6 corn tortillas

1/2 c. hot salsa

Preheat oven to 375 F. Heat oil; saute garlic and onion until golden. Add chard (in small amounts) until it is cooked down. Make a bechamel sauce: melt butter, stir in flour, add milk and cheese. Stir until thick, then mix into cooked greens. Fill center of each tortilla, roll up, place in lightly oiled baking dish. Spread salsa over all; bake in hot oven for 25 minutes.

Zucchini Salad with Red Onion // // // // Serves 4

A cool quick salad.

- 1 T. red-wine vinegar
- 1 T. olive oil
- coarse salt and ground pepper
- 1/2 small red onion, very thinly sliced
- 4 small zucchini (about 1 1/2 lbs. total)

In a medium bowl, whisk together vinegar and oil; season with salt and pepper. Stir in onion, let stand 15 minutes. Meanwhile, using a vegetable peeler, slice zucchini into paper-thin ribbons. Add to bowl with dressing; season with salt and pepper; toss to combine. Serve.

Zucchini Crumble //

From Chocolate et Zucchini by Clotilde Dusoulier This will serve 4 as a main course and 6 as a starter.

- 2 tsp. olive oil
- 1 garlic clove, minced
- 2 lb. zucchini, trimmed and sliced in 1/2-inch rounds
- fine sea salt and freshly ground pepper
- 3/4 c. dried bread crumbs (see note)
- 3 T. chilled unsalted butter, diced
- 1/2 c. freshly grated Parmesan (about 2 oz)
- 2 tsp. fresh thyme (1 tsp. dried)
- 9 oz. mozzarella
- 6 ripe medium black Mission figs, trimmed and cut into sixths

Heat oil in large skillet over medium-high heat. Add garlic and cook for a few seconds, until fragrant. Add zucchini and season with salt and pepper. Cover, lower heat to medium and cook for 6 minutes, until slightly softened. Remove lid and cook for another 5 to 6 minutes, stirring from time to time, until rounds are tender, but still retaining their shape and most of the juice has evaporated. While zucchini is cooking, combine the bread crumbs, butter, Parmesan and thyme in medium bowl. Rub with tips of fingers until it resembles coarse meal. Preheat oven to 400 degrees F. Arrange the zucchini over the bottom of a very large baking dish. Thinly slice mozzarella and pat dry with paper towels. Arrange cheese and figs over zucchini. Sprinkle the crumble mixture over the dish and bake for 20 minutes, until heated through and golden. Serve warm or at room temperature. Bread crumbs: To make your own, slice the leftovers from a loaf of country-style bread. Leave on the counter to completely dry for a day or two or put on a baking sheet in a 200 degree F oven for 20 minutes or until dry, flipping slices halfway through. Let cool, grind in food processor and store in an airtight container. Keep at room temperature for up to a month or freeze.

Zucchini Chocolate Cake // Serves 8

You can make this cake with either butter or olive oil; the butter yields a rich cake, but olive

- oil gives the finished result a peppery undertone.
- 2 c. all purpose flour
- 1/2 c. unsweetened Dutch process cocoa powder
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. fine sea salt
- 1 c. light brown sugar, packed
- 8 T. (1 stick) unsalted butter at room temperature or 1/2 c. extra virgin olive oil
- 1 tsp. vanilla extract
- 1 tsp. instant coffee granules
- 3 large eggs
- 2 c. unpeeled grated zucchini, from about 1 1/2 or 2 medium zucchini
- 1 c. bittersweet chocolate chips

confectioner's sugar

Preheat the oven to 350 degrees F and grease a 10-inch springform pan. In a large mixing bowl, whisk together flour, cocoa powder, baking soda, baking powder and salt. In a food processor, process the sugar and the butter until creamy. Add vanilla, coffee granules and eggs, mixing well between each addition. Reserve 1 cup of flour mixture and add the rest into the egg mixture until just combined; the batter will be thick. Add the zucchini and chocolate chips to the reserved flour mixture and toss to coat. Fold into the batter and blend with a wooden spoon; don't overmix. Pour into cake pan and smooth surface with spatula. Bake for 40 to 50 minutes, until a knife inserted in center comes out clean. Transfer to rack to cool for 10 minutes, run a knife around the pan to loosen, and unclasp sides of the pan. Let cool to room temperature before serving. Sprinkle with confectioner's sugar.

Zucchini Coins // // // Serves 4

- 1 1/2 T. olive oil
- 2 garlic cloves, sliced
- 1 1/2 lbs zucchini, thinly sliced
- salt and freshly ground pepper
- 2 tsp. finely grated lemon zest
- 3 T. chopped dill

- 1/2 c. yogurt
- 1/4 c. sour cream (nonfat is fine)
- 1 garlic clove, minced or pressed

Heat oil in wide skillet, add the garlic and cook over medium heat until it begins to color. Increase the heat, add the zucchini and sauté until heated through. Lower heat and cook until tender and golden around the edges, 8 to 10 minutes. Season with salt and pepper, toss with lemon and 2 T. of the dill. Mix the yogurt and sour cream with remaining dill, minced garlic and a pinch of salt. Spoon over zucchini and serve.

CSA NEWS, VIEWS & Q'S

Q: Tell me what to do my the currants in my fruit share.

A: Deb replies—"basket-these are a well know berry in European countries but lesser known in the US. They are packed full of nutrients and have a slightly tart-sweet taste. They make a very fine jelly. Just pick the berries from the stem, add a bit of sugar, (you can add more as the berries cook) and a small amount of water to the pan. Cook the berries two minutes after they start to boil and then put them through a food mill. Taste again and add more sugar if needed. You can also add more water if they are already getting thick. Cook about 5 more minutes and then pour into a jar. Cover and refrigerate. Makes a great fresh jam that should be used within two weeks.

Lecture: THE HEALTH RISKS OF MODERN FOOD TECHNOLOGY Join Dr. Carolyn Dean for an important discussion of critical developments within the food industry that will affect our lives, and what we can do. **TIME: Sat, July 14, 1-3:30 p.m. LOCATION: 48 W. 21st St., 2nd floor, NY (between 5th & 6th ave.) REGISTER: 212-645-5170 Fee: \$50; Two People: \$90**