



DEAR CSA MEMBER,

Each year there are certain constants that we work with: 110 frost-free days, the first frost is around October 15, it will be dreadfully hot sometime in July and August, the creek will get really low but there will be enough water to irrigate. Then there are the daily and weekly variables, like how much rain we get and when, how cloudy or sunny the days are, how the temperatures vary. This year I have noticed that the Red Bee Balm in my flower garden is still beautiful. The stems and leaves are usually covered with Powdery Mildew by now. This year the stems and leaves are still green and healthy. This year's variables means the overall pressure from plant disease is low; the garden is responding. We picked the Swiss Chard and the Beets again this week because they are in peak form. The warm weather crops starting to ripen: Cucumbers, Eggplant, Purplette onions. Enjoy the vegetables-Pete and

Orient Express
Eggplant
Cucumbers

**Mini Purplette-
Bright Lights**
Swiss Chard

Red Ace Beets
Summer Squash
Sage

FRUIT
Blueberries
Sweet Cherries

Beet Chili

/// Serves 4 to 6

A good way to sneak some beets into your everyday menu.

- 1 T. canola oil
- 1 medium onion, diced
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 3 c. water
- 2 c. diced beets
- 1 c. potato, diced
- 1 15-oz. can stewed tomatoes
- 2-3 ts.p chili powder
- 2 tsp. dried oregano
- 1 tsp. dried basil
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 15-oz. can kidney beans, drained
- 2 T. tomato paste

Heat oil in large saucepan. Add onion, celery and garlic; sauté until tender but no brown. Stir in next nine ingredients; bring to a simmer. Cook uncovered over medium-low heat, straining occasionally, until beets and potatoes are tender, about 30 minutes. Stir in beans and tomato paste. Cool 10-15 minutes more; let stand for 5-10 minutes before serving.

Balsamic Glazed Beets // Serves 2

Serve either hot or cold.

- 6 beets
- 2 T. olive oil
- 2 T. salt
- 1/2 c. balsamic vinegar
- 3 T. brown sugar, firmly packed
- 2

Preheat oven to 400 degrees F. Peel beets, coat with oil, sprinkle with salt. Wrap individually in foil and bake 1 hour.

Heat vinegar in small saucepan. Add sugar and stir to dissolve. Simmer 15 minutes, set aside. Unwrap beets and cool slightly. Slice into 1/2-inch thick slices. Place in roasting pan in single layer. Pour vinegar mixture on top and return to oven for 5 minutes. Serve.

Baby Beet Salad // // // // Serves 3 to 6

- 2 lb. baby beets, trimmed
- 3 T. olive oil
- 2 T. red wine vinegar
- salt and freshly ground black pepper
- 1/3 c. small mint leaves (garnish)

Scrub beets well. Wrap groups of 2 or 3 beets together in little packets of foil. Place packets on a baking sheet and bake at 350 degrees until very tender, about 1 hour. When cool enough to handle, slip off and discard skins using rubber gloves. Halve beets lengthwise. Whisk together oil, vinegar, salt and pepper; toss with beets. Sprinkle with mint leaves and serve. (If you want a more savory rendition, substitute tarragon for mint.)

Curried Rice and Cucumber Salad // // // // Serves 6

CSA cucumbers are not waxed like the ones in the supermarket are. Because they dehydrate faster than the waxed kind, but sure to get them into the refrigerator right away. If you store unwashed cucumbers in a sealed plastic bag, in the vegetable crisper bin, they hold for at least a week. Keep cucumber away from tomatoes, apples and citrus—these give off ethylene gas that accelerates cucumber deterioration.

- 3 c. cooked basmati or jasmine rice
- 1/2 c. sliced scallions (about 2 scallions)
- 1/3 c. golden raisins
- 3 T. freshly squeezed lemon juice
- salt
- 1/2 c. coarsely chopped walnuts

1 T. ghee (can substitute vegetable oil or butter)
1 T. curry powder
1 large (or 2-3 small) cucumber, peeled, halved lengthwise, seeds scooped out, thinly sliced
paprika

Combine the rice, scallions, raisins and lemon juice in a large bowl and stir to mix. Season with salt to taste. Toast walnuts in a dry, heavy skillet (preferably cast iron) over high heat until they brown in spots and smell fragrant. Transfer to a dish and let cool. Quickly wipe the surface of the skillet with a clean towel; melt ghee in skillet over medium heat and stir in curry powder; stir for 30 seconds. Add cucumber slices. Cook, stirring constantly, until cucumber is tender, 3 to 4 minutes. Remove skillet from heat. Add cucumber to rice mixture and toss to combine. Refrigerate for at least 1 hour. Toss walnuts with the salad then sprinkle with paprika. Serve chilled or at room temperature.

Spiced Raita // Serves 4 to 6

3 medium cucumbers, peeled, seeds removed, coarsely grated
1/2 tsp. cumin seeds
1/2 tsp. coriander seeds
2 c. plain yogurt
1 medium tomato, halved, seeded and cut into thin strips
1 green chile pepper, stem, seeds and membranes removed, thinly sliced (optional)
1/2 c. finely chopped scallions
1/8 tsp. white pepper
1 T. finely chopped fresh cilantro
Place large strainer over a bowl or pot. Put the grated cucumber in strainer; set aside to drain for 30 minutes. Place a dry heavy skillet (preferably cast iron) over medium heat. Add cumin and coriander seeds and stir constantly until toasted and fragrant, 3 to 5 minutes. Immediately transfer to a mortar and pestle and grind (or use the back of a wooden spoon to crush.) Remove cucumber and gently squeeze out excess moisture. Spread on clean dish towels and pat dry. In a medium bowl, gently combine cucumber, cumin and coriander seeds, yogurt, tomato, chile, scallions and white peppers. Garnish with cilantro. Serve immediately or refrigerate for 1 hour.

Zucchini with Olives // Serves 4

A great side for fish, pork or roasted chicken, it can also be served as a vegetarian dish over pasta or polenta, with curls of hard cheese, such as Pecorino or aged Comte. (From Chocolate and Zucchini by Clotilde Dusoulier)
1 1/2 tsp. olive oil
12 black Greek olives, such as Kalamata, pitted and chopped
1 large onion, thinly sliced
2 garlic cloves, minced
1 1/2 lb. zucchini, trimmed and thinly sliced

1 tsp. Herbes de Provence
1/3 c. dry white wine

Heat oil in large skillet over medium heat. Add 3 of the olives (reserve the others) and cook for a minute, until fragrant. Add onion and garlic and cook for 4 minutes, until softened, stirring frequently to avoid coloring. Add zucchini, season with salt, pepper and herbs and stir to combine. Cover and cook 5 minutes. Add the wine and reserved olives, and stir again. Turn heat to medium high and cook, uncovered 5 to 7 minutes until most of the juices have evaporated. Serve hot, at room temperature or cold.

Freezer Zucchini Pickles // // Makes 8 Cups

6 cups thinly sliced medium zucchini
1 large onion, thinly sliced
2 Tbsp salt, preferably kosher
2/3 cup each vegetable oil, distilled white vinegar and sugar
1 tsp dried dill
In a large bowl, toss zucchini, onion and salt until well mixed. Let stand 2 hours, then drain well. Pack into freezer containers with tight-fitting lids, leaving 1 in. headspace. Stir remaining ingredients until sugar dissolves. Pour over zucchini mixture to cover. Cover with lids, and refrigerate up to 2 weeks or freeze up to 6 months.

Zucchini with Risotto-style Pasta

For this technique, you coat pasta with olive oil, pour just enough stock to cover and cook until desired doneness, adding more liquid if necessary. Use short pasta, such as fusilli or penne.
6 c. stock
3 T. olive oil
3 garlic cloves, minced
1 medium yellow onion, finely chopped
14 oz. dried short pasta, such as ricciole, penne or fusilli
4 small zucchini, cut into sticks or thin slices
Salt and freshly ground pepper
1/2c. pine nuts, toasted
Aged Parmesan, coarsely grated
Put stock in saucepan and keep warm over medium high heat. Heat the oil in a pan. Add garlic and onion and cook over medium heat for 2 minutes, stirring regularly to avoid coloring. Add the pasta; stir constantly for 2 minutes. Add just enough stock to cover the pasta, lower heat to medium low. Cover and simmer for 10 minutes, stirring and adding more stock when it is absorbed. Five minutes into the cooking, add the zucchini and season. Taste pasta for doneness. When it's al dente, transfer into bowls or plates, sprinkle with pine nut and Parmesan and serve immediately.

CSA NEWS, VIEWS & Q'S

Q: Tell me what in the world is a "purplette?"

A: The mini Purplettes in your share this week are a variety of pickling onion (also known as pearl or boiling onions). Heck, they're also called creamers, boilers, silverskins, minis or buttons. They are small growing onions or onions of bulb varieties that have been planted close together. These onions are mild flavored and very small and round. They are plentiful in early to mid-summer. Pickling onions can be used as a condiment or garnish and they can be picked by soaking in iced water and vinegar. They can also be boiled whole and served as a side dish or added to stews and soups. They can also be used fresh in salads or added to kabobs for barbecuing or cooked in stir-fries.

Store them in the vegetable drawer of your fridge; they'll keep for at least one week. Storing them in the fridge also lessens any tearing or eye irritation you may experience when preparing them. When an onion is cut, its cells release a sulfurous content, which on contact with the air creates a new molecule, allyl sulfate which irritates eyes. Can't get rid of onion odor? Rub with lemon juice or vinegar.