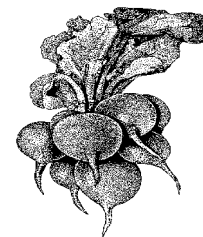


Lettuce Connect

East Farms CSA Newsletter



June 21, 2006

Message from Jeremy

Look for more variety in your box in the upcoming weeks.

Please unfold your boxes and leave them at the pick up sight so that we may pick them up the next week. One way we keep our costs down is to re-use the boxes.

Care and Storage

If you are not able to use all your spinach or chard, just remove the woody stems, blanch it, squeeze out any excess water and you can freeze it in ziploc bags. You can then use them for any recipe that calls for frozen spinach or chard.

Summer squash skin is thin and delicate, so handle it carefully. Nicks and punctures can make the vegetable susceptible to rot. Store in a perforated plastic bag in the vegetable bin for up to 5 days.

Vegetable History

Summer squash or zucchini are actually fruits but eaten as a vegetable. They are native to America and take their name

from askutasquash, a Narragansett Indian word meaning "eaten uncooked."

Food For Thought

A weed is a plant that has mastered every survival skill except for learning how to grow in rows.- Doug Larson

Kid Stuff

What do you call a stolen yam?
A hot potato.

Cooking Tips

Chard and spinach cook down a lot. A quick easy way to prepare chard is to saute chopped garlic in olive oil, rinse the chard and cut into slices. Put the chard with water still clinging to it into the pan, stir and cover for about 8 minutes, checking to make sure that it doesn't need more water. Add salt and pepper to taste. This is really good with grilled meats or served over polenta.

Featured Recipes

Sauteed Radishes and Sugar Snap Peas with Dill

1 tbsp butter
1 tablespoon olive oil
1/2 cup thinly sliced shallots
12 ounces sugar snap peas, trimmed,
strings removed
2 cups thinly sliced radishes (about 1 large
bunch)
1/4 cup orange juice
1 teaspoon dill seeds
1 tablespoon chopped fresh dill This side
dish would pair beautifully with roast lamb
or salmon. To remove strings from fresh
peas, just snap off the stem end and pull
string lengthwise down each pod. Melt
butter with oil in large nonstick skillet
over medium heat. Add shallots and sauté
until golden, about 5 minutes. Add sugar
snap peas and radishes; sauté until
crisp-tender, about 5 minutes. Add orange
juice and dill seeds; stir 1 minute. Season
with salt and pepper. Stir in chopped dill.
Transfer to bowl; serve.
Makes 6 servings. Bon Appétit, April 2004

Leek and Chard Frittata

1 1/2 pounds leeks
2 tbsp olive oil
4 tbsp unsalted butter
kosher salt to taste
2 bunches chard, stemmed and roughly
chopped
6 eggs
freshly cracked black pepper to taste
1/3 cup freshly grated parmesan cheese

Position a rack in the upper third of the
oven and preheat the broiler.

To prepare the leeks, cut off the roots,
trim the tough, dark green tops, and peel
off an outer layer or two. Halve the leeks
lengthwise and then cut each leek
crosswise into thin half-moon slices.
Wash the leeks in a large basin of cold
water, agitating to remove all of the dirt.
When the dirt has settled, scoop the leeks
out of the water with a strainer.

Heat a medium sauté pan over high heat
and add 1 tbsp of the olive oil and 2 tbsp
of the butter. When the butter has
melted, add the leeks and a generous pinch
of salt and sauté until the leeks are tender
and lightly caramelized, about 4 minutes.
Add the chard in large handfuls, adding
more after each batch has wilted, and
cook, stirring frequently, until all of the
greens have collapsed and wilted. Adjust
the seasoning with salt, if necessary, and
set aside to cool.

Beat the eggs in a large bowl and season
with salt (about 1 tsp) and several twists of
pepper. Add the chard mixture and
Parmesan and stir well to combine. Heat
an 8-inch nonstick sauté pan over medium
heat and add the remaining 1 tbsp olive oil
and 2 tbsp butter. When the butter has
melted, add the egg mixture and cook
until the frittata begins to set around the
edges and turn golden brown, about 5
minutes. Gently shake the pan to be sure
that the frittata isn't sticking (it should
move freely in the pan). Place the frittata
under the broiler until it is golden brown
and set in the middle, about 4 minutes.

Remove from the oven and let stand for about 2 minutes. Carefully invert the frittata onto a serving plate. Cut the frittata into wedges and serve warm or at room temperature.

Serves 6 to 8

Fields of Plenty, Michael Ableman

Making Contact

If you have any questions, concerns or comments, please contact Shay or Jeremy East at 801-525-2219.