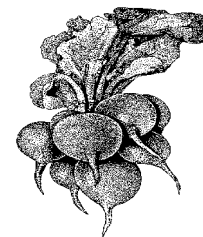


Lettuce Connect

East Farms CSA Newsletter

July 29, 2006



I would like to start including stories by members about the CSA. You can e-mail me any contributions at slowfoodutah@xmission.com.

Each week I try to highlight what will most likely be in your box. However, what you receive may change from the time I talk to Jeremy, draft the newsletter and the vegetables ripen. If you would like to see past years newsletters they are available at slowfoodutah.org under the CSA section.

Message from Jeremy

It has been hot, really hot. Sorry about the size of the zucchini this week but we are picking them as fast as we can. Next week expect to see the amount of the zucchini you receive decrease. Tomatoes are still a few weeks out.

Care and Storage

I am sure that you feel like you have zucchini coming out your ears but there are some ways to preserve it for later. Grated squash can be frozen very easily. Just grate the squash with a food processor or by hand, using the large-hole side of the box. Pack it into freezer containers or plastic bags in convenient one or two cup

quantities, label and freeze. Squash prepared this way can be used in any recipe calling for grated squash. Defrost the squash in a colander, and the excess moisture will drain away.

Food For Thought

VEGETABLE & HERB FLAVOR CHART

Some favorite combinations of flavors to accent any vegetable dish.

BEANS – Sweet Basil, Sweet Marjoram, Summer Savory
BEETS – Dill
BROCCOLI – Sweet Marjoram
BRUSSEL SPROUTS – Sweet Marjoram, Parsley
CABBAGE – Fennel, Sweet Marjoram, Tarragon, Thyme
CARROTS – Chervil, Cilantro, Dill, Tarragon
CAULIFLOWER – Sweet Marjoram, Tarragon
CORN – Basil, Cilantro, Parsley, Sweet Marjoram
CUCUMBER – Dill, Fennel
EGGPLANT – Basil, Fennel, Oregano
PEAS – Chervil, Mint
POTATOES – Cilantro, Chives, Parsley

SPINACH – Chives, Rosemary, Sorrel
SUMMER SQUASH – Basil, Oregano,
Sweet Marjoram
TOMATO – Basil, Oregano, Fennel,
Lovage
WINTER SQUASH – Cilantro, Sage

Nutritionally, the fresh green bean is not as exceedingly high in protein as the mature, dry shell bean. However, generous amounts of vitamins A, B1, B2, calcium, and potassium characterize the green bean's addition to the summer's wealth of health.

Featured Recipes

Cool Mint and Cucumber Salad

5 cups coarsely grated cucumbers
1/2 tsp salt
2 cups yogurt
3 cloves garlic, minced
2 tbsp fresh lemon juice
1 tbsp minced fresh dill
2 tbsp extra virgin olive oil
2 tbsp minced fresh mint
10 large butter lettuce leaves, rinsed and chilled
salt to taste
freshly ground pepper to taste

In a colander, sprinkle the cucumbers with the 1/2 tsp salt, toss to coat and set aside to drain for 15 minutes. Place the cucumbers in a large bowl and add the yogurt, garlic, lemon juice, and dill. Toss gently, cover, and chill at least 3 hours.

Add the olive oil and half of the mint leaves. Serve on a bed of lettuce sprinkled with the remaining mint, salt, and pepper.

The City Gardener's Cookbook, Pierce, Eininger, Allen Donnett

Corn and Squash Frittata

2 eggs
2 tbsp unbleached all-purpose flour
1/2 tsp salt
1/4 tsp baking powder
1/4 tsp freshly ground pepper
1 medium-sized zucchini, grated
Kernels cut from 3 ears fresh corn
2 tbsp butter
Chopped fresh parsley, to garnish

Preheat the oven to 350F. In a medium-sized mixing bowl, combine the eggs, flour, salt, baking powder, and pepper. Mix well, then fold in the squash and corn. Spray a large oven proof skillet with nonstick cooking spray. In the skillet, melt the butter over medium heat. Swirl the butter around; when the foam subsides, add the egg mixture and cover. Cook the frittata slowly until the bottom is set, about 10 minutes. Transfer the skillet to the oven and bake for 10 to 20 minutes, checking every 5 minutes or so, until the top of the frittata is no longer runny. Garnish with the parsley and serve hot, warm, or at room temperature.

Serves 4.

The Classic Zucchini Cookbook, Ralston, Jordan, Chesman

Mexican Rice, Zucchini, and Chicken Salad

3 cups diced zucchini or yellow summer squash
1 1/2 cups cooked white or brown rice
1 1/2 cups diced cooked chicken
1/2 cup chopped scallions, white and tender green parts
2 tbsp minced fresh parsley
1/3 cup canola or other light vegetable oil
3 tbsp extra virgin olive oil
1/4 cup fresh lemon juice
1/2 tsp chili powder
1/2 tsp salt
freshly ground black pepper
1/2 cup crumbled queso blanco or farmer cheese

Bring a medium-sized pot of salted water to a boil. Add the zucchini to the boiling water. Blanch for 1 minute, until barely tender crisp. Drain, plunge into cold water to stop the cooking, drain again, and pat dry. In a large bowl, combine the zucchini, rice, chicken, scallions, and parsley. In a small bowl, whisk together the oils, lemon juice, chili powder, salt, and pepper to taste. Pour over the salad and toss to coat. Taste and adjust the seasoning. Transfer the salad to a serving bowl, sprinkle with the cheese, and serve.

Serves 4.

The Classic Zucchini Cookbook, Ralston, Jordan, Chesman

Making Contact

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