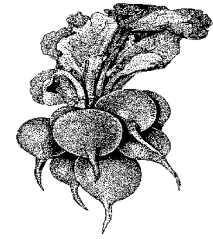


Lettuce Connect

East Farms CSA Newsletter

July 25, 2006



Message from Jeremy

The weather is really affecting the quality of the crops. I am still irrigating but the beans have suffered. I am hoping that we have some for your box this week. If we don't have any peaches this week, there should be some in your next box. I planted a variety of melons which are coming along nicely.

Care and Storage

Refrigerate cabbage in a hydrator drawer. A plastic bag will help retain moisture but it is not necessary. Do not remove outer leaves before storage.

Properly stored, cabbage can last three weeks to two months in the refrigerator. It can last much longer in optimum root cellar conditions.

Eggplant is best eaten fresh. Store unrefrigerated at a cool room temperature, or in hydrator drawer of the refrigerator for up to one week.

For longer term storage, dishes like baba ghanouj and ratatouille freeze well in airtight containers.

Vegetable History

If you are wondering what that green ribbed vegetable is in your box, it is an Armenian cucumber. It is also known by other names such as snake melon, snake cucumber and uri. It is one of the best-regarded slicing cucumbers. It's crisp, thin-skinned, and mild-flavored, and it has soft seeds. Like the English cucumber, it doesn't need to be peeled or seeded. It's not good for pickling.

Eggplant is believed to have originated in India or Burma. Introduced through trade routes, it became established and popular in many Arab countries and Northern Africa around 900 A.D. Eggplant appeared in Europe in the 15th century, but believed poisonous, it was cultivated only as an ornamental curiosity. Eggplant reached the U.S. during the 17th century.

Cooking Tips

The corn is so sweet and fresh right now, why not try one of these preparations.

Puree cooked corn with avocado and seasonings for a nutritious, summery green-gold pasta sauce.

Toss cooked corn kernels with chopped chile peppers, tomatoes, cilantro, lime juice, and garlic for a fresh salsa.

Featured Recipes

Potato and corn Salad with Bacon, Blue Cheese, and Sherry Vinaigrette

3 ears fresh corn, un-husked
2 large red bell peppers
2 pound 1 1/2-2" in diameter red skinned potatoes (about 24) quartered
4 thick bacon slices, cut into 1/2" pieces

1/2 cup extra-virgin olive oil
3 tbsp sherry wine vinegar
1/3 cup crumbled blue cheese
3 tbsp chopped fresh oregano

Prepare barbecue (high heat). Grill corn until husks are blackened on all sides, turning occasionally, about 15 minutes. Remove husks and silk. Cut kernels from cobs.

Cut 1/2" from top and bottom of each pepper. Quarter each pepper lengthwise. Trim ribs and seeds from peppers. Flatten pieces, breaking slightly if necessary. Place peppers on grill, skin side down. Grill without turning until skins are blackened and blistered, about 10 minutes. Cool 10 minutes. Peel peppers; cut into 1/2" squares.

Cook potatoes in a large pot of boiling salted water until tender, about 12 minutes. Drain; let cool 5 minutes in strainer. Transfer to large bowl.

Saute bacon in medium skillet over medium heat until crisp. Using slotted spoon, transfer bacon to paper towels.

Whisk oil and vinegar in small bowl to blend. Season dressing with salt and pepper. Drizzle 1/4 cup dressing over potatoes; toss to coat. Add corn, bell peppers, bacon, cheese, onions, oregano, and 3 tablespoons additional dressing; toss to coat. Season salad with salt and pepper. Add remaining dressing by tablespoonfuls to moisten, if desired. Serve warm or at room temperature.

Serves 8
Bon Appetit 8/04

Sweet Pepper Slaw

7 cups shredded green cabbage
1 large green bell pepper, coarsely chopped
1 large red bell pepper, coarsely chopped
1 cup sliced celery
3 green onions, chopped
2 tbsp peanut oil
2 tbsp seasoned rice vinegar
1 tbsp of either poppy seeds, dill seeds, celery seeds, minced cilantro, parsley or fennel

In a large bowl, combine the cabbage, green and red peppers, celery, and green onions. Mix the oil and vinegar and pour over the vegetables. Sprinkle with the tablespoon of seasoning. Combine thoroughly, cover, and chill several hours before serving.

Serves 8 to 10.

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

Smoked Eggplant

2 large eggplants
salt
freshly ground pepper
4 cloves garlic, minced
1/2 tsp sweet paprika
1/4 tsp ground cumin
Pinch of crushed red pepper
1 tbsp lemon juice
black olives as a garnish (kalamata or nicoise)
lemon wedges as a garnish
1 tsp chopped fresh flat-leaf parsley as a garnish

Preheat oven to 375 F. Place the eggplant directly on the high flame of a gas stove, turning constantly until the skin is black and wrinkled, 7 to 10 minutes. Place the eggplant on a baking sheet and bake the eggplant in the oven until very soft, 15 to 20 minutes. If you do not have a gas stove, you can achieve the same effect on an outdoor grill.

When the eggplant is soft and cooked through, remove from the oven and let cool 5 minutes. Cut the eggplant in half, scoop out the pulp, and chop coarsely. Discard the skin. Sprinkle with salt and let drain in a paper towel-lined colander for 10 minutes. With the back of a spoon, press the eggplant to extract any additional liquid; discard.

In a large bowl, mash the eggplant. Add the garlic, paprika, cumin, crushed red pepper, and 1 tbsp remaining olive oil and mix well. Season with salt, pepper, and the lemon juice. Place the puree on a plate and garnish with olives, lemon wedges, and

parsley. Serve with pita chips.

Serves 6.

Adapted from Weir *Cooking in the City*,
Joanne Weir.

Making Contact

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