



Lettuce Connect

East Farms CSA

Newsletter

July 29, 2005



Message from Jeremy

It's hot out there. I hope you have been enjoying your vegetables. Remember to break down and leave your boxes at your pick up site.

Care and Storage

Refrigerate sweet corn immediately with husks on, and use as soon as possible to retain sweetness and flavor.

Refrigerate zucchini in hydrator drawer for 3-4 days.

For longer term storage freeze both zucchini puree in airtight containers for use in winter soups or grated zucchini for use in breads and muffins.

Vegetable History

Like all squashes, zucchini are descended from native related species originating in South America, but is believed to have been developed

in Italy.

Low in calories and a great source of Vitamins A, C, potassium and calcium.

Upcoming Events

Join us for the transplanting day. We will probably be transplanting cabbage. The date is August 6th from 9-11:30 a.m.

See the attached map for directions. Take I15 exit 326 to Highway 89 north to Shepard Lane, go left (west) to Oakridge Rd go right (north). The field is back off the road on the left but Jeremy said he would have a sign or his white panel truck to direct members to the right place. I believe the exact address is 1717 N 1500 W Farmington. If you arrive late and don't see anyone, walk west on the dirt road and the property is kind of behind a hill.

Cooking Tips

Corn on the cob is the most popular and flavorful way to enjoy fresh sweet corn. Steam corn in 1-2 inches of water for 6-10 minutes, or drop ears into boiling water for 4-7 minutes. Inner leaves may be left on if desired.

For a real garden treat, try eating a freshly picked ear of corn raw.

Roast unhusked ears in the oven, an outdoor grill or over a campfire for about 20 minutes.

Sprinkle Herbs de Provence and some good sea salt on your green beans for a low calorie delicious side dish.

Featured Recipes

Sweet and Sour Zucchini

3 medium-sized zucchini, cut into $\frac{1}{2}$ " slices or strips
1/4 cup canola oil
2 tbsp white vinegar
2 tbsp sugar
3 tbsp chopped fresh basil
salt and pepper to taste

In a large skillet, heat the oil over medium-high heat. Add the zucchini and saute until lightly colored and softened, about 5 minutes. Using a slotted spoon, transfer the zucchini to a serving bowl. Add the vinegar, sugar, basil and salt and pepper to the

skillet. Simmer 3 minutes. Pour the sweet and sour sauce over the zucchini and serve.

Serves 4.

Basic Roasted Zucchini Spears

2 medium sized zucchini, halved and cut into 3" long spears
1 clove garlic, minced
2 tbsp extra virgin olive oi.
Salt and pepper to taste
balsamic vinegar

Preheat the oven to 450F. Lightly oil a baking sheet. Combine garlic with oil in a small bowl. Arrange the zucchini skin-side down on the roasting pan. Lightly brush the cut sides with the oil and sprinkle generously with salt and pepper. Roast for about 15 minutes, until squash are tender and lightly browned. Transfer the squash to a serving plate. Drizzle with the balsamic vinegar and serve hot.

Zucchini Strata

4 slices cracked wheat bread
2 cups sliced zucchini
8 oz. Sharp Cheddar cheese, grated
2 tbsp butter, melted
1 $\frac{1}{2}$ cups milk
3 eggs
1/4 cup minced onion

$\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp dry mustard
cayenne pepper

Butter a 9" baking dish. Line the dish with the bread. Bring a large pot of salted water to a boil. Add the zucchini to the boiling water and boil for 3-5 minutes, until tender. Drain, plunge the zucchini into cold water to stop the cooking, and drain again. Pat dry. Combine the zucchini, cheese, and butter in a large mixing bowl. Toss to mix. Layer the zucchini mixture on top of the bread. In a medium sized mixing bowl, beat together the milk, eggs, onion, salt, dry mustard, and cayenne to taste. Pour over the casserole. Refrigerate the strata for at least 1 hour, or up to overnight. Preheat the oven to 350F. Bake the strata for 40-50 minutes, until it is puffed, set, and browned. Let the strata sit for about 5 minutes before serving.

Serves 4.

The Classic Zucchini Cookbook,
Ralston, Jordan and Chessman

Making Contact

If you have any questions, concerns or comments, please contact Shay or Jeremy East at 298-5669.