

Lettuce Connect

East Farms CSA Newsletter

September 11, 2005

Message from Jeremy

I hope everyone enjoys the variety of this week's box. The apples are Gala apples. Hopefully next week you will get peaches, pears and tomatoes. The tomatoes will be Celebrity slicing tomatoes.

Care and Storage

Apples do well placed in a plastic bag and stored in the refrigerator. They are rich in vitamins A and C.

Vegetable History

Apples have been cultivated throughout the world for at least 3,000 years. Apple varieties now number in the 1000's. Support your local apple growers so that we don't lose the diversity of this household staple.

Food For Thought

Since our existence is primarily dependent on farming, we cannot entrust this essential activity solely to the farming population-- just 2% of Americans. As farming becomes more and more remote from the life of the average person, it becomes less and less able to provide us with clean, healthy, lifegiving food or a clean, healthy, lifegiving environment. A small minority of farmers, laden with debt and overburdened with responsibility, cannot possibly meet the needs of all the people. More and more people are coming to recognize this, and they are becoming ready to share agricultural responsibilities with the active farmers.

Community supported agriculture (CSA) is a new idea in farming, one that has been gaining momentum since its introduction to the United States from Europe in the mid-1980s. The CSA concept originated in the 1960s in Switzerland and Japan, where consumers interested in safe food and farmers seeking stable markets for their crops joined together in economic partnerships. Today, CSA farms in the U.S., known as CSAs, currently number more than 400. Most are located near urban centers in New England, the Mid-Atlantic states, and the Great Lakes region, with growing numbers in other areas, including the West Coast.

Community Supported Agriculture (CSA): An Annotated Bibliography and Resource Guide, by Suzanne DeMuth

Featured Recipes

Chile con Queso
(Cheese with Chiles)

6 oz. Monterey Jack cheese
6 oz. Mozzarella or Longhorn cheddar cheese
3-4 fresh green chiles, roasted and peeled and chopped
1 small yellow onion, chopped
1 tbsp vegetable oil
1/3 cup heavy cream or evaporated milk
Tortilla chips

Shred the cheeses and set aside. Heat the oil in a 12-14 inch skillet and saute the onions and chiles just until the onion is transparent. With the skillet set over medium-low heat, add the cheese by handfuls, allowing each to melt before adding another. Stir in just enough of the cream to make a thick, smooth texture. Do not allow the mixture to boil at any time. Transfer to a heated chafing dish or a fondue pot and serve at once with tortilla chips. Stir through the mixture several times to keep the creamy texture.

Serves 8.

Cuisine of the American Southwest, Anne Lindsay Greer

Roasted Pepper and Zucchini Salad

The salad:

3 red bell peppers, roasted and peeled and sliced 1/4" thick
3 green or Anaheim peppers, roasted and peeled, and sliced 1/4" thick
3 medium zucchini, shredded
8 oz. Feta cheese, crumbled
3-5 oz. Queso Fresco cheese, crumbled (optional garnish)

The Vinaigrette Dressing:

1 clove garlic, minced
3-5 sprigs fresh parsley
1/3 cup wine vinegar
1/2 cup canola oil
1 tsp salt
1/2 tsp dry mustard
fresh ground black pepper
pinch of sugar

In a large bowl combine the salad ingredients. Combine all the dressing ingredients except the oil. Slowly whisk in the oil. Taste for salt and pepper. Pour enough dressing over the salad to coat. Toss gently and refrigerate until ready to serve. At serving time, garnish with optional cheese.

Serves 6.

Adapted from *Cuisine of the American Southwest*, Anne Lindsay Greer

Roasting peppers

To roast peppers, either broil them, grill them or char them over a gas burner. Put them into a paper bag to sweat. When cool peel and use.

Making Contact

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