



Tuesday, July 14, 2009

IN YOUR BOX...

- Broccoli
- Chinese Cabbage
- Herbs → Parsley / Oregano
- Japanese Eggplant
- Kohlrabi
- Onions
- Patty Pan Summer Squash
- Peas
- Salad Mix w/edible nasturtium flowers
- Turnips
- Zucchini

ANNOUNCEMENTS

- Babies! One of our sows, Jenna, had her piglets last night. Among swine this is known as farrowing. She made a nest in the middle of the pasture and had them under the stars.
- The Garlic is ready to dig. We will be pulling it out and hanging it in the corn crib for drying within the next week. It will dry for about 3 weeks until it is cured and ready for storage.



Summer Veggies bring a smile to our faces. Not only are they tasty, but beautiful to behold. Many of the heavier fruiting crops are looking great...green tomatoes are sizing up and cucumber flowers abound.

Zucchini

If your zucchini or other long summer squash is larger than 1 inch in diameter, slice the squash in half lengthwise, then cut it into ½ -inch-thick half-moon pieces. Cut patty pan or other round summer squashes in half through the stem end and cut them crosswise into about ½-inch-thick pieces.

Cheesy Zucchini

Source: Food to Live By

- 2 Tbs extra-virgin olive oil
 - 4 large cloves garlic, thinly sliced
 - 1 ½ lbs medium-size zucchini or patty pan, cut 1 ½ in thick slices (about 4 cups)
 - 2 Tbs coarsely chopped flat-leaf parsley
 - ¼ tsp salt
 - 1/3 cup freshly grated Parmesan cheese
 - ½ cup freshly grated Mozzarella cheese
- Heat the olive oil in a large nonstick skillet over medium heat. Add the garlic and cook, stirring frequently until softened, 1 to 2 minutes.
 - Add the squash and stir to coat it with the garlic-oil mixture. Cover the skillet and cook the squash, stirring occasionally, until it is glossy and crisp-tender, 4 to 6 minutes.
 - Sprinkle the parsley and salt evenly over the squash and cook, stirring frequently, until the parsley wilts, about 1 minute longer. Stir in the Parmesan and stir constantly until it melts, about 1 minute.
 - Sprinkle the mozzarella cheese evenly over the squash, cover the skillet again, and remove it from the heat. Let the squash sit until the mozzarella melts, 1 to 2 minutes. Serve immediately.

Kohlrabi – German for cabbage turnip- is as healthful as any cabbage and leads the family in vitamin C and potassium content. It is an enlarged aboveground stem that looks like an apple – green turnip. Eat very young bulbs raw, but steam older ones, removing the skins after they reach the tender-crisp stage, about 15 minutes. Use kohlrabi raw like carrots or cooked like potatoes: slice, dice or grate. Served raw, they are as crisp as radishes but consistently white and sweet, with no bite at all. In a salad, toss Kohlrabi with apple and walnuts in a nut oil/lemon juice vinaigrette.

Chinese Cabbage is as crisp and tender as lettuce, but it has a mild mustardy tang that makes it unique in a shredded salad. Remove tough outside leaves, and slice thinly crosswise through the head. For an unusual coleslaw, toss shredded Chinese cabbage with finely sliced ginger, soy sauce, sesame oil and rice-wine vinegar. The Chinese also add a little sugar. Include baby snow peas for color.

Savory Yellow and Green Zucchini Pancakes

Source: Cooking From the Farmers Market

4 Yellow Zucchini 2 cloves garlic, minced
4 Green Zucchini 1 Tbs all-purpose flour
½ yellow onion 1 Tbs. chopped fresh oregano
½ tsp salt ½ tsp ground pepper
1 egg, lightly beaten 1-2 tablespoons vegetable oil

- Trim all the zucchini, but do not peel. Shred the zucchini, then the onion. In a bowl, toss the shredded zucchini with the salt. Let stand for 5 minutes. Using your hands, squeeze the zucchini to remove excess liquid. Add the onion, egg, garlic, flour oregano, and pepper. Mix well.
- Pour about 1 Tbs vegetable oil into the bottom of a large frying pan to form a thin film, and place over medium-high heat. When the pan is hot, working in batches, drop in the squash mixture, using a heaping tablespoonful for each pancake. Using the back of a spoon, press on the top of each spoonful to form a pancake a scant ¼ inch thick. Fry until golden brown on the underside, 3-4 minutes. Turn and continue to fry until golden brown on the second side, 2-3 minutes longer. Transfer to a warmed platter and keep warm Repeat and add oil to the pan as needed.

Fiesta Zucchini

Source: Bon Appetit Magazine

2 Tbs. olive oil
1 pound zucchini (about 3), quartered lengthwise, cut crosswise into ½ inch wide pieces
3 garlic cloves, minced
¼ tsp dried oregano, crumbled
½ cup salsa
½ cup shredded Monterey Jack cheese

Heat olive oil in heavy medium skillet over medium-low heat. Add zucchini, garlic and oregano and sauté until garlic is just golden, about 2 minutes. Add salsa and simmer until zucchini is just tender, about 6 minutes. Reduce heat to low. Sprinkle Jack cheese over zucchini. Cover and cook until the cheese melts, about 2 minutes.