

Hi All, especially the kids!

this is Cathy, filling in for Kassy again this week.

I have been thinking about back to school things and hope that everyone has had a good start to the new school year. If you are in a new school, I hope you are making lots of friends and if it's an old school – isn't it nice to see everyone again! My youngest is going off to college this week and I am loading him up with meals of sautéed sweet potato greens and grilled okra, but I still can't get him to eat eggplant. For breakfast, we've had scrambled eggs and squash a couple of times (those Tatume squashes are so sweet!). I know college cafeterias have changed a lot, so I was encouraged when he and his brother talked about making good nutrition choices when he's eating there, but it won't be the same as local, organic vegetables harvest practically in his backyard! (P.s. that's him with his peas from 2005)



Related to my baby leaving the nest, I've been watching all the new babies joining us over the past few years. Since I've been working at Eastside Market on Saturdays, I think there have been at least three newborns coming to pick up their veggies. Thank you moms for starting them off right. If you want to share some pictures of your little (or bigger) ones picking up or eating our vegetables, I'd love to see it. It will help me get past the 'empty nest' syndrome! Here is a picture from the market a few summers ago – I hope it makes you smile



If you are a 10-week member, we hope you renew so you can get fall veggies! In order to continue your subscription through the year, [sign-up for the 15-week season that begins in September](#). Also, we now prorate shares for people who sign-up late in the season, so if you know anyone who would like to join they do not have to wait until September. They can sign-up anytime!!

Since we have open enrollment this season, I wanted to include some tips for new members. Thanks for signing up and I hope you are feeling like you are a part of the Plant It Forward Family

~~~What to expect at your pickup location~~~

- If this is your first pickup, there will be an insulated *Plant It Forward Bag* for you.
- When you arrive you will find your name listed in the Farm Share binder, please check your name off of the list.
- Follow the labels on the coolers and pick-out your vegetables. There may be choices of items, such as a choice of cucumber or squash, for example. If you are given a choice, please choose only one item. If you take both you will be taking a portion of someone else's share.
- Trade basket! This is a small cooler where you can leave one item that you do not care for and take one item that you like better.
- You may have to weigh out some of your items. If so there will be scales and instructions on how many ounces or pounds to take.
- What happens if you cannot pick-up? Please have someone else pick-up your share for you. If shares are not picked-up at your chosen day/time your share will be donated to a farmer's charity.

Farm News

Thank goodness for all the rain – that's the main news from the farmers this week!!!

RECIPES

These are the most bountiful vegetables this week: Eggplant, Cucumbers, Long Beans, Okra, Spinach, and Arugula

Scrambled Eggs and Tatume Squash

-any squash will work, but this is what I've been cooking this week.

- I am including the proportions for 1 serving, but double for 2 or more

1 med squash, chopped to ½ dice

½ onion, diced

Butter for sautéing

Diced ham (I use the deli ham in my fridge)

1-2 eggs

Grated cheddar cheese

Dried Mexican Mint Marigold or Tarragon

Melt the butter on medium and add the squash and onions. Saute until the squash is softened, but not mushy. Add the ham to warm it up. Add a good pinch of the Mexican Mint Marigold or tarragon, salt and pepper. Break the eggs directly on the vegetable saute and scramble them in the pan. As they start to cook, add a small handful of grated cheese. Continue to stir the eggs in with the squash until the eggs are cooked through. Serve warm

Eggplant Caponata

This is another recipe that is endless adaptable to your tastes. For me, it defines my summer! I leave out the celery and use black olives instead of green. And if I can get them, I use fresh tomatoes, peeled and deseeded. And don't be afraid of the oil – it is part of the flavor.

2 lb small Italian eggplants (about 4)
1 tablespoon kosher salt or 2 teaspoons fine sea salt
1 1/2 cups extra-virgin olive oil
1 cup chopped onion (1 medium)
4 medium celery ribs, cut crosswise into very thin
1/3 cup large green Sicilian olives (1 3/4 oz), pitted and coarsely chopped
1 3/4 oz Italian capers packed in salt (1/3 cup), rinsed well
2 tablespoons sugar, or to taste
1/3 cup white-wine vinegar
1 (14- to 15-oz) can whole tomatoes in juice, drained and chopped (1 cup)

Heat 1/2 cup oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then cook onion, stirring, until pale golden, 6 to 8 minutes. Add celery and cook, stirring, until onion and celery are deep golden brown, about 10 minutes. Add olives, capers, and 2 tablespoons sugar and cook, stirring, 2 minutes, then stir in vinegar and tomatoes. Reduce heat and simmer, covered, stirring occasionally, 20 minutes. If sauce is very acidic, add 1 to 2 teaspoons sugar (to taste). Transfer to a bowl and keep warm, covered.

Heat remaining cup oil in cleaned skillet over moderately high heat until hot but not smoking, then fry eggplant in 2 batches, turning occasionally with tongs, until tender and browned on all sides, 8 to 10 minutes per batch. Transfer as cooked to paper towels to drain, then transfer to a large shallow serving dish in an even layer. Spoon sauce on top, spreading evenly, and let stand, covered with a kitchen towel, at room temperature, at least 8 hours (for flavors to develop). Stir before serving.

Source: <http://www.epicurious.com/recipes/food/views/caponata-235724>

Tatume Squash



The fruits of the 'Tatume' squash are round or oblate in shape. Their skins is striped green and they resemble a small watermelon or pumpkin in their immature form. It is best to harvest 'Tatume' when it is about the size of baseball. If left to mature, the skin will become a mottled, deep green and they can grow to almost the size of a soccer ball.

'Tatume' is a staple in Mexican cooking. Its great fried, but better grilled, with some EVOO and salt.

<http://aggie-horticulture.tamu.edu/newsletters/hortupdate/2010/jun/tatume.html>

BokChoy (Joy Choy)



Several members have asked about this vegetable and were not surprised to learn that it was bok choy. There are 33 varieties of bok choy (choi) and this one is called Joy Choy. It can be steamed, stir-fried, and braised. Use in soups, for ohitashi, and pickles.

Sylvetta Arugula



Also known as wild rocket. Compared to salad arugula, Sylvetta is slower growing, about half the height, and has yellow flowers. The leaves are also more deeply lobed with a more pungent flavor. Heavily sought after by chefs. Harvest the edible flowers as they appear. Sprinkle them over salads or add to vegetable stir-fries. Flavor is spicy and nutty. Popular choice for brightening up salad mix.