



Farm News

If this is your first season with a Farm Share (or your second or third or more), you might be starting to wonder what you've gotten yourself into! Every week there are some vegetables that you are familiar with, some that you aren't, but there are a lot of them. If you are feeling a little overwhelmed, please know that you are not alone. The first 2 seasons I had my share, I felt like I had a jungle in my refrigerator with all this green stuff. But with time and some guidance, I started to take charge of my share, instead of letting it take over my kitchen.

My biggest learning was to eat what I have, not what I want. Then I got creative, and looked at the best way to freeze some of this bounty! Or dry it or make a pesto, or pickle or anything that would take it from the "eat me now" state to the "I can be eaten later" state.

While I was thinking about my early days as a member, I came across this blog entry from a woman who echoed everything I felt back in 2013. I think her tips and recipes are wonderful, even if her harvest items are different than ours. So don't succumb to veggie fatigue and I hope that you are enjoying, relishing, pureeing or just snacking on everything in your bag this week!

<http://lifeasmom.com/2012/07/eat-well-spend-less-how-to-use-your-csa-share.html>

Thank you to the Farm Share members who have reminded me that French Sorrel is a fabulous Russian vegetable as well. I had a customer tell me he was going to take his bunch home with him - to Berlin! As soon as I get the recipe for the Russian soup I will share it with you.

A correction from last week, the Eagle Scout, Matthew Thomas, is from Troop 266, not Troop 125. This troop is from West University United Methodist Church. If you know any other Boy Scouts or Girl Scouts who would like to do their Eagle or Gold Awards with us, let me know.

- Cathy Stewart, Volunteer Coordinator

RECIPES

These are the most bountiful vegetables this week: Tomatoes, Beets, Carrots, Swiss Chard, Squash, and Basil.

French Sorrel and Mint Granita

Makes 1 quart

2 cups cold water
1 cup granulated sugar
Juice of 1 lemon (about 2 tablespoons)
2 sprigs or more of fresh mint
2 cups fresh French sorrel leaves



p.s. – I use 1-2 cups of mint

Directions

1. Combine the water, sugar, and half the lemon juice in a non-reactive saucepan. Bring to the boil, stirring occasionally to dissolve the sugar. Remove from the heat and transfer to a glass container. Add the mint and let cool to remove temperature.
2. Wash the sorrel leaves, remove the tough spine, and coarsely chop the leaves. You'll want two well-packed cups.
3. When the sugar syrup has cooled, remove the mint and discard. Add the syrup, the rest of the lemon juice, and the sorrel leaves to the bowl of a blender. Puree until smooth.
4. Pour the mixture into a large shallow pan or casserole dish. Freeze until icy--about 3 hours. Then using a fork, scrape through the mixture to break it up. Refreeze another 2 hours and repeat. Do this once more and it should be ready to serve. You can store it in a container for up to a month.

Read more at:

<http://www.sandiegofoodstuff.com/2013/06/french-sorrel-and-mint-granita.html>

Low Carb Yellow Squash Casserole

Ingredients

1 tablespoon olive oil	1/3 cup finely chopped raw almonds
1 teaspoon butter	
1 small onion, chopped	1 cup shredded Colby-Monterey Jack cheese, divided
2 cloves garlic, minced	1/2 cup heavy whipping cream
4 cups peeled and cubed yellow squash	2 eggs
1 teaspoon kosher salt	1/3 cup coarsely chopped roasted, salted almonds
1/2 teaspoon freshly ground black pepper	

http://allrecipes.com/Recipe/Low-Carb-Yellow-Squash-Casserole/?prop24=hn_slide1_Low-Carb-Yellow-Squash-Casserole&evt19=1

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Heat olive oil and butter in a skillet over medium-high heat; cook and stir onion and garlic in the hot oil-butter mixture until softened, about 3 minutes. Add squash, salt, and pepper; stir to combine. Cover skillet and cook, stirring occasionally, until squash is softened, about 5 minutes. Transfer squash mixture to a large bowl.
3. Mix raw almonds and 1/2 cup Colby-Monterey Jack cheese together in a bowl; stir into squash mixture. Whisk cream and eggs together in a measuring cup or small bowl; stir into squash mixture. Pour squash mixture into a 9x13-inch casserole dish; top with remaining Colby-Monterey Jack cheese and roasted almonds.
4. Bake in the preheated oven until casserole is golden brown and bubbling, 25 to 30 minutes.

Veggie ID

Chinese Purple Long Beans



http://www.specialtyproduce.com/produce/China_Long_Purple_Beans_3653.php

Japanese Eggplant



<http://www.drgourmet.com/ingredients/eggplant.shtml>

Armenian Cucumbers



There is no need to peel the Armenian cucumber. Its thin skin makes it an ideal fresh slicing cucumber. Armenian cucumbers favor being served raw in green leaf, chopped salads and pasta salads. Their delicate flavor allows them to become a perfect textural component in sandwiches and sushi. They can be sliced lengthwise, widthwise, diced and julienned. The Armenian cucumber can be grilled, puréed or pickled. Complimentary ingredients include red and white fish, shellfish, chiles, tomatoes, mint, oregano, yogurt, garlic, cumin, chicken, pork and fresh cheeses such as feta and chevre. Armenian cucumbers should be refrigerated until ready to use. Once cut wrap in plastic to extend its shelf life - See more at:

http://www.specialtyproduce.com/produce/Armenian_Cucumber_838.php#sthash.2aWDo1by.dpuf