



Dear Farm Share Members,

The farmers are planning what they will plant during the fall planting season. They are each considering each vegetable type and variety, and how much of each they need to grow to satisfy the Farm Shares and Farm Stands. This is where you, the Farm Share Members, have a chance to give the farmers some feedback on which vegetables you would like to have in your Farm Shares this fall. [Please complete this 5 minute survey to provide your input.](#)

How are your leafy greens holding up? Here are a couple of tips:

1. Separate the greens from the root vegetables and store separately.
2. Store your leafy greens (French sorrel, kale, tops of root vegetables) in your Plant It Forward reusable, insulated bag and put the whole bag in the refrigerator. The leafy greens keep much better this way. You could also put the greens in zip lock bags.
3. Mint and basil do very well stored with the stems in a glass of water on your kitchen counter. You can also add a plastic bag over the top, making a little greenhouse.

RECIPES

This week's bountiful vegetable is OKRA!

Have you ever tried okra raw? It is delicious. You can eat it just like you would eat a carrot or stick of celery.

Shrimp Okra Gumbo

3 Tbsp. oil
3 cups okra, sliced in rounds
2 Tbsp. flour (for roux)
2 Tbsp. oil (for roux)
1 small bell pepper, chopped
2 onions, chopped
½ can tomato sauce
2 qt. hot water
Salt and pepper to taste
2 Tbsp. parsley, chopped
3 green onions, chopped
3 ribs celery, chopped
2 lbs. shrimp
Tabasco sauce to taste

In skillet, stir-fry okra in 3 Tbsp. oil until almost cooked. Add tomato sauce to okra and simmer on low while you make the roux. For the roux, combine 2 Tbsp. oil and flour in a large soup pot. Add onions, celery, and bell pepper and cook until soft. Add shrimp and fry in roux mixture for a few minutes. Add hot water and okra mixture and bring to a boil. Lower heat to medium and simmer for 45 minutes. Add green onions, parsley, and Tabasco sauce 20 minutes before serving. Salt and pepper to taste. Serve in soup bowls over cooked rice.

--Louise B. Dardenne, [Cookin' along the Bayous](#)

Stewed Eggplant & Okra

1 onion, diced
2 cloves garlic, minced
1 eggplant, diced into 1/2 inch squares
1 c okra, cut into rounds
2 tomatoes, cored and diced
1/2 tsp. smoked paprika
1/2 tsp. dried thyme
salt & pepper to taste
extra virgin olive oil
water

In a heavy bottom pot, warm 1 tsp. olive oil over medium heat. Add the onions and sauté for 5-7 minutes, until translucent. Add the garlic and cook for 1 more minute, until fragrant. Add the smoked paprika and thyme, cook for 30 seconds, then deglaze the pot with a splash of water.

Add the eggplant, okra, and tomatoes. Stir to mix well, add a splash of water, place lid on pot, lower heat to medium-low, and let cook for 20-30 minutes until soft. Check every couple of minutes to add more water if necessary, add salt & pepper to taste.

Serve over mashed potatoes with sautéed greens on the side.

<http://eatingappalachia.com/2010/10/07/stewed-eggplant-okra/>

Green Thai Curry

2 Tbsp. sesame oil
½ large onion, chopped
4 cloves garlic, chopped
½ CSA bag peppers, chopped
1 CSA eggplant, cubed
1 CSA bag okra, coarsely chopped
1 14 oz. can coconut milk, regular or light
2-3 Tbsp. Thai green curry paste
1 Tbsp. fish sauce
2 Tbsp. soy sauce
1 lb. shrimp or chicken
½ CSA bunch long beans, chopped
1 handful Fresh basil, torn
Greens (spinach, arugula, etc.)

In a large wok, heat sesame oil over medium-low heat. Add chopped onion and sauté until translucent, about 5 minutes. Add chopped garlic and peppers and sauté for another 3 minutes. Add cubed eggplant and cook for 10 minutes or until tender. Add the chopped okra and cover the wok for a few minutes to let okra steam. Add the can of coconut milk, curry paste, fish sauce, and soy sauce and stir well to combine. Wait until heated through and add the shrimp, long beans, basil, and any greens. Cook for about 5 minutes or until shrimp are cooked and greens are wilted. Serve hot over rice.

*If using chicken, add the chicken before the eggplant and sauté for 5 minutes before adding the eggplant.

*Try this recipe using the different CSA vegetables.

*Begin with 1 Tbsp. green curry paste and then add to taste.

Check out our [Newsletter Archive](#) for additional recipes.

Plant It Forward grows a few different varieties of eggplant:



Kermit- Green and White Thai Specialty
<http://www.johnnyseeds.com/p-5720-kermit-fl.aspx>



Ping Tung Eggplant
<http://www.rareseeds.com/ping-tung-eggplant/>



Raja or White Egg Eggplant
<http://www.johnnyseeds.com/p-9114-raja-fl.aspx>



Fairy Tale
Purple and white mini eggplant.
<http://www.johnnyseeds.com/p-6440-fairy-tale-fl.aspx>

Squash Recipes

Do you have a lot of squash in your fridge? So do we! Here are some additional squash recipes:

[Farmer's Market Vegetable Lasagna](#)

10oz lasagna noodles
2 Tablespoons extra virgin olive oil
2 large shallots, chopped (or 1 small sweet onion, chopped)
4 garlic cloves, minced
2 medium zucchini, chopped
2 medium yellow summer squash, chopped
salt & pepper
24oz marinara sauce
24oz fat-free cottage cheese, drained well
3/4 cup grated parmesan cheese, divided
1/2 cup packed fresh basil, chopped
8oz shredded mozzarella cheese

Add lasagna noodles to a large pot of salted, boiling water. Cook until al dente then drain and lay on a nonstick sprayed baking sheet. Spray tops of noodles to stack on top of one another if necessary.
Heat extra virgin olive oil in a very large skillet over medium heat. Add shallots and sauté until translucent, 3-4 minutes, and then add garlic and sauté for 30 more seconds. Add zucchini and summer squash, season with salt and pepper, then sauté until just slightly starting to turn translucent, 4-5 minutes. Add marinara sauce, turn heat down to medium/medium-low, then simmer until zucchini and squash are tender, 5-7 minutes (a splatter screen is helpful.) Do not over-cook or vegetables will be mushy. Set aside to cool slightly.
In a large bowl combine drained cottage cheese, 1/2 cup parmesan cheese, and chopped basil then set aside.
Preheat oven to 350 degrees then spray a 9x13 pan (could use 2-8x8 pans) with non-stick spray. Spread a small amount of the vegetable mixture into the bottom then layer in 3 cooked lasagna noodles followed by 1/3 of the cottage cheese mixture, 1/3 of the remaining vegetable mixture, and 1/3 of the mozzarella cheese. Repeat layers 2 more times.
Sprinkle remaining 1/4 cup parmesan cheese on top then cover pan with nonstick sprayed foil and bake for 20 minutes. Remove foil then bake for an additional 15-20 minutes, or until golden brown and bubbly. Let rest for 15 minutes before slicing and serving.

[Buttery Flying Saucer Squash with Basil](#)

5 or 6 medium flying saucer squash, sliced
1/4 C melted butter
1 bunch fresh basil or French sorrel, chopped
sea salt

Preheat oven to 350F degrees.
Cut flying saucer squash into 1/4 inch slices and chop fresh basil or sorrel. Layer the squash slices at the bottom of a 2 quart baking dish and lightly drizzle with melted butter.
Sprinkle with freshly cut basil or sorrel and sea salt. Continue forming layers of squash, butter, basil/sorrel, and salt until all squash and basil/sorrel is used.
Cover the dish and bake it at 350F degrees for 30 minutes, or until the squash is tender.
Remove from the oven and serve.

Summer Vegetable Curry

1 small squash or ½ large squash
1 ½ lbs. of eggplant
1 Tbsp. olive oil
½ bell pepper, chopped
2 cloves garlic, minced
1 green onion, chopped
1 piece fresh ginger*, about 1 in,
minced or shredded
1 Tbsp. curry powder
1 cup diced tomatoes
15 oz. frozen or canned garbanzo
beans
1 14 oz. can coconut milk
1/2 cup fresh cilantro, mint or
sorrel for garnish
2 tsp. salt
1 hot pepper**

Chop eggplant and squash into 1 in pieces.
Mince, chop, and shred/mince the garlic, green onion, bell pepper, and
ginger.
Dice the tomato.
Heat the olive oil in a large skillet over medium heat.
Add the eggplant and onion and sauté for 5-7 minutes or until eggplant
softens.
Add the garlic and bell pepper and cook for 2 more minutes.
Add the squash, ginger, curry powder, and tomatoes.
Cook for 2 more minutes or until squash is tender, then add the chickpeas
and coconut milk. Cook on medium heat until all ingredients are heated
through.
Serve with hot rice and fresh herbs for garnish.

*Fresh ginger can be kept in the freezer and taken out as needed. **After
making this dish I realized that it was missing some spice. If you like
spice, add in a chopped and de-seeded Serrano pepper or similar at the
same time as the garlic.

Spaghetti with squash and tomatoes

2 tablespoons olive oil
1 1/2 cups sliced fresh fennel (could also use celery and
1 tsp. fennel seed)
1/2 cup diced green onion
1/2 cup diced sweet red pepper
1/2 cup diced green pepper
2 tablespoons minced garlic
1 cup diced fresh tomatoes
6 tablespoons cooking sherry
Salt and pepper to taste
1 package spaghetti
20 oz. squash- flying saucer or zephyr, chopped
6-8 oz. of bottled or canned tomato sauce

In a large skillet, sauté the fennel, green onion, red
and green peppers and garlic until tender. Add the
squash and sauté until tender. Add the tomatoes,
sausage and 3 tablespoons sherry and tomato sauce;
cook and stir until heated through. Add salt and
pepper to taste. Just before serving, stir in remaining
sherry. Serve hot over spaghetti.

Inspired by: <http://allrecipes.com/Recipe/Sausage-Peppers-and-Spaghetti-Squash/Detail.aspx>