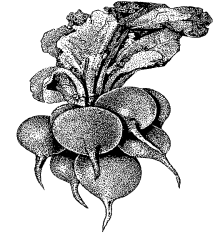




Lettuce Connect



East Farms CSA

Newsletter

July 14, 2005

Message from Jeremy

It is really hot and the lettuce season is starting to wind down. Try to pick up your box as early as possible to limit the wilting.

Remember to flatten your box and return it to your pick up site every week. This will save us money and keep the cost of shares down.

Care and Storage

You can refresh your lettuce with cold water and put into your vegetable crisper if need be.

Store beet greens wrapped in a damp cloth or in a plastic bag in a drawer of the refrigerator.

To maintain firmness of beet roots, cut off leaves and stems 1-2 " above root crown. Store in a plastic bag and refrigerate in the hydrator drawer.

Vegetable History

Basil was called the "royal herb" by ancient Greeks. It is a member of the mint family and native to India, Africa and Asia but now cultivated around the world. Your basil can be planted in the ground or in a pot in full sun in rich moist well drained soil.

Cooking Tips

Add several large basil leaves to the liquid when poaching fish, shellfish or chicken. Basil's flavor intensifies during cooking.

Featured Recipes

Beets Rolled in Horseradish Butter

12 baby beets or 6 full size beets
2 Tbs Butter
1 Tbs Apple Cider Vinegar
1 Tbs Freshly Grated Horseradish
Salt & Fresh Ground Pepper (to taste)

Begin by scrubbing and cleaning the beets. Cook beets 30 minutes in lightly salted boiling water, or bake until tender. Rinse under cool water and slip off the skins. Melt 2 tablespoons butter in a saucepan over medium heat. Add 1 tablespoon freshly grated horseradish root. Add 1 tablespoon apple cider vinegar. Add the cooked beets, stirring gently to coat. Season with salt and pepper to taste. Serve hot.

Berry Vinaigrette

Perfect with all the greens in your box.

1 tbsp Dijon mustard
1/4 cup seasoned rice or white wine vinegar
1 cup walnut oil
1 tbsp raspberry or blackberry jam

In a small bowl, whisk the mustard with the vinegar and oil until a smooth consistency is reached. Add the jam and blend thoroughly. Transfer to a bottle and store in a cool dark place or refrigerator. Shake well before serving.

Makes 1 1/4 cups.

Glazed Summer Carrots

4 cups julienned or baby carrots
6 green onions
4 tbsp butter
1 tbsp honey
1 tbsp grated lemon zest
juice of half a lemon
salt to taste
freshly ground pepper

Preheat oven to 350 degrees. In a covered saucepan, steam carrots until just tender, about 2-4 minutes. Place in an ovenproof dish and sprinkle with the green onions. Melt the butter in a small saucepan and add the honey, lemon zest, lemon juice, salt, and pepper. Simmer for 2 or 3 minutes, pour over carrots and green onions and bake for 15 minutes.

Serves 4.

Making Contact

If you would like more ideas and information about your veggies the newsletters from previous years are located in the CSA section of the website slowfoodutah.org.

Also check out the East Farms website at eastfarms.com.

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