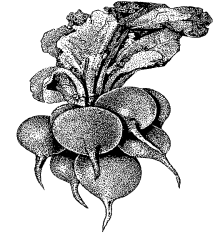




Lettuce Connect

East Farms CSA Newsletter



July 19, 2004

Message from Jeremy

It was another hot week. I have been battling spider mites lately which is very hard to do organically. These pesky bugs like to eat the chlorophyll out of the green bean leaves. I am keeping at them with vigor.

Care and Storage

Moisture is the enemy of dry onions. These should be stored in a cool, dry area with good air circulation. They should be stored in their own space, because they can pick up moisture from other vegetables, such as potatoes, and begin to deteriorate.

Vegetable History

All varieties of corn are grass, belonging to the gramineae family along with wheat, oats, and rye. Often referred to as maize, corn is an ancient staple food of the Americas, having gathered history and significance for many thousands of years. Maize pollen discovered near Mexico City dates back sixty to eighty thousand years. Corn cobs, five thousand years old, have been found in Mexico and the southwest U.S.. Ancient strains were small brightly colored ears with compact nutritious

kernels. Interestingly, the earliest maize seems to have been a popcorn variety. Early varieties of sweet corn are first referred to historically in 1779, after corn's introduction to European settlers. Strains were selected and adapted to emphasize their sugar content and sweetness, a process still going on today with our sweet corn hybrids.

Food For Thought

The answer to all your questions about what to do with your vegetables can be found at cooking classes sponsored by Wasatch Community Gardens. Local chefs will guide you to new heights of culinary greatness at Sur La Table in the Gateway. The dates are August 5th, 19th, and 27th. For more information, please e-mail community@wasatchgardens.org or call 359-2658.

Upcoming Events

Put August 21st on your calendar for our next field event. It will probably involve tomatoes.

Cooking Tips

Do you want to be a slave to your outside grill? With the vegetables we are getting now, you can be. Slice zucchini lengthwise and brush with olive oil, sprinkle with herbs and grill over medium coals until done. The leftovers are especially good the next day paired with goat cheese, roasted pepper and onion on a crusty baguette.

Slice onions into thick rings. Sprinkle them with Balsamic vinegar, grill over medium coals. Great as a side dish or on your hamburger.

What about that corn? It can be grilled too. The easiest method is to shuck it and throw it on. Turning as needed. You can brush it with olive oil and herbs too. Another method is to peel back the husk, remove the silk and coat the kernels with a seasoned butter. Close up the husks and grill about 10 minutes.

Grilling green beans may be tricky but worth the effort. Throw them on the grill and keep turning watching them carefully. When they are cooked, remove them from the grill and toss with blue cheese and toasted walnuts.

Featured Recipes

Corn Cakes

1 cup yellow cornmeal
½ cup flour
1 tsp salt
¾ tsp baking soda
½ tsp pepper

2 tsp sugar
2 tbsp butter, melted and cooled
1 egg
1 cup buttermilk
1 cup corn
¼ cup onion, finely chopped
¼ c. roasted red peppers, finely chopped
1 jalapeño, minced
1 cup Monterey Jack Cheese, grated

In a bowl, whisk together the cornmeal, flour, salt, baking soda, pepper and sugar. In another bowl whisk together 2 tbsp. of the butter, egg and buttermilk, stir in corn, onion, red pepper, chili and cheese. Stir in cornmeal mixture until batter is just combined. Heat a griddle over moderately high heat until it is hot, brush it lightly with the additional butter. Working in batches drop the batter by a ¼ cup measure onto the griddle. Spread the batter slightly to form 3 ½ -4 inch cakes. Cook the cakes for 2-3 minutes on each side, or until they are golden, transferring them as they are cooked to a heat-proof platter. Keep warm.

Serves 8.

Making Contact

If you have any questions, concerns or comments, please contact Jeff Williams at (801) 263-3204 ext. 104.