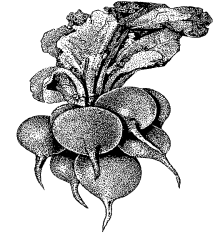




Lettuce Connect



East Farms CSA

Newsletter

July 21, 2005

Message from Jeremy

Keep your eyes out for the zucchini and yellow squash. We had to replant the zucchini so it is a little late this year.

Care and Storage

For all you beet lovers, this will probably be the last week for beets. Luckily they store well. 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

The carrot originated in middle Asia, first eaten by the hill dwellers of Afghanistan. The early cultivated varieties were purple and pale yellow. The first orange varieties did not appear until the 1600's in the Netherlands.

Food For Thought

Ode to Zucchini

The zucchini inspires more than just recipes.

All hail the great and noble Zucchini!

A treat like music by Paganini.

Beats other veggies by a mile,

It is so good...and versatile.

Boiled or baked, or maybe steamed,

Coated and fried, or even creamed.

A drop of lemon or a drop of lime

Will tease your taste buds every time

Adjusts to spices in great variety,

Served well in low or high society.

Without it, not great meal is complete.

Try them any which way, and

Bon Appétit!

Upcoming Events

Keep August 6th on your calendar for our transplanting event. We will most likely be transplanting cabbage.

There will be a map and directions in

the newsletter that week.

Cooking Tips

To give your salads flair, toss them with your choice of fresh herb leaves, such as basil, cilantro, dill or parsley.

Featured Recipes

Red Beet Salad

2 lbs beets, trimmed
½ medium sweet onion, thinly sliced
salt to taste
1/4 cup extra virgin olive oil
2 tbsp red wine vinegar

Preheat oven to 375F. Wrap beets in foil or put in a covered baking dish with about ½" of water. Bake until tender, 50 minutes to 1 hour. When they are cool enough to handle, slip the skins off and cut into thin rounds. Place them in a salad bowl and let cool to room temperature. When you are ready to serve, add the sliced onion, season with salt, and dress with the oil and vinegar. Mix gently and serve.

Trattoria Cooking, Bib Caggiano

Hot Sichuan-Style Green Beans

1 lb. Green beans
2 tbsp soy sauce
1 tbsp rice vinegar

2 tsp sugar
1/4-1/2 hot chili flakes
1/4 tsp ground white pepper
1 tbsp vegetable oil
2 tbsp minced garlic
2 tbsp minced fresh ginger

Rinse and drain green beans; trim off and discard stem ends. Cut beans into 2-3" lengths. In a small bowl, mix soy sauce, rice vinegar, sugar, chili flakes, and white pepper. Set a 12" frying pan over high heat. When pan is hot, add beans and 1/4 cup water. Cover and cook, stirring once, until bean are bright green and slightly crunchy to bite, 3-4 minutes. Uncover and cook until any remaining water has evaporated. Add oil, garlic, and ginger to pan; stir until green beans and garlic are lightly browned, 1-2 minutes. Stir soy mixture and add to pan; bring to a boil and stir until most of the liquid has evaporated and the sauce thickens and coats the beans, 2-3 minutes. Pour into serving dish. Serve hot or cool.

Sunset Magazine, March, 2004

Making Contact

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