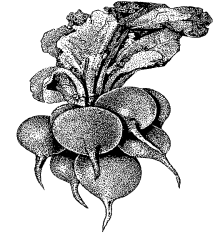




Lettuce Connect

East Farms CSA Newsletter



July 26, 2004

Message from Jeremy

This heat has caused three plantings of corn to ripen at the same time. Expect to see a lot of corn in your box. White corn may show up next week. Our hail beaten carrots are not enjoying the heat. They are a bit schedule but hopefully will show themselves in your box soon.

Care and Storage

Store cucumbers in the hydrator drawer of the refrigerator. They will keep up to one week.

A cucumber refrigerated after being cut or peeled will deteriorate quickly. Use leftovers up as soon as possible.

Our Community

Don't forget about the cooking classes being offered at Sur La Table on August 5, 19th and 27th. All proceeds benefit Wasatch Community Gardens. For more information call 359-2658.

Food For Thought

"The food we put into our mouths today

travels an average of thirteen hundred miles from where it's produced, changing hands at least six times along the way. (Gary Paul Nabhan, Coming Home to Eat)

12 REASONS TO EAT LOCAL AND ORGANIC

1. Freshness: Locally grown produce is usually harvested within 24 hours of purchase.
2. Taste: Produce picked and eaten at the height of freshness tastes better than non-local produce picked before it ripens.
3. Nutrition: Nutritional value declines as time passes after harvest. Locally grown produce is fresh and therefore more nutritionally complete. Also, organic fruits and veggies have been shown to be more nutritious than non-organic ones.
4. Purity: Organic production does not utilize pesticides, fungicides, or chemical fertilizers. Also, if you buy local and organic you will not have to worry about irradiation and the use of antibiotics.
5. Regional Economic Health: Buying locally grown food keeps money within the community and increases the local quality of life.
6. Variety: Local organic farmers are not limited to the few varieties that are bred for long-distance shipping, high yields, and shelf life. Local farms often grow a

diversity of flavorful and locally adapted heirloom fruits and vegetables.

(Source: adapted from Ohio Ecological Food and Farm Association's 12 Reasons to Eat Local and Organic)

Look for the other six in next week's newsletter.

Featured Recipes

Corn & Squash Simmered in Coconut Milk with Thai Basil

1 tbsp peanut oil
1 package firm tofu, drained and diced into ½" cubes
2 medium zucchini, dice into ½" cubes
sea salt and freshly ground pepper
4 large ears sweet corn
1 serrano chile
1 heaping tbsp fresh cilantro
1 heaping tbsp Thai basil leaves*
1 bunch green onions sliced into ½" pieces
1 15 oz. Can coconut milk (unsweetened)
1 tsp soy sauce
3 cups cooked basmati rice
basil and cilantro sprigs for garnish

Heat the oil in a wide nonstick skillet over medium-high heat. When hot, add the tofu and zucchini and sprinkle with 1/4 tsp salt. Cook for 8 -10 minutes, shaking the pan occasionally to brown all the side of the tofu.

While the tofu is cooking, slice the corn off the cob, then, reversing your knife, press out the milk. Set aside on the cutting board. Finely chop the chile with the cilantro and basil. Add the green onions, chile herb mixture, and corn to the pan. Add the coconut milk to the pan, then rinse out the can with a little water and add

that as well. Stir in the soy sauce, an additional ½ tsp salt, and a few twists of black pepper. Simmer until the corn is heated through, 3 - 5 minutes. Taste for salt. Serve over rice garnished with additional herbs.

*Thai basil can be found at local Asian markets.

Serves 4.

Adapted from Local Flavors, Deborah Madison

Cucumber Salad

2 medium cucumber, peeled, seeded, thinly sliced
1 large green onion, thinly sliced
2 tsp fresh lemon juice
2 tsp sesame oil
1 tsp soy sauce
1 pinch ground red pepper
1 tsp sesame seed, toasted

Place cucumbers and green onion in serving bowl; set aside. For dressing, combine lemon juice, sesame oil, soy sauce, and ground red pepper in medium bowl. Stir dressing into cucumber and onion until well-coated. Sprinkle with toasted sesame seeds. Serve immediately.

Serves 6.

BHG.com Meredith Corporation, 2004

Making Contact

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