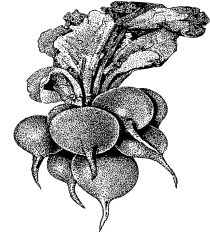




Lettuce Connect

East Farms CSA Newsletter

July 30, 2003



Care and Storage

Corn - Refrigerate sweet corn immediately with husks on, and use as soon as possible to retain sweetness and flavor.



Tomatoes - Hold tomatoes at room temperature for up to 1 week, longer if still ripening. Do not refrigerate.

Damaged tomatoes will deteriorate quickly, as will cut tomatoes.

Not fully ripe tomatoes will continue to ripen stored out of the sun at 60-75 degrees F.

Vegetable History

Flavor and nutrition of the many diversified maize varieties has been sacrificed in the search for sweetness. Even so, a fresh, well prepared ear of sweet corn still offers a significant amount of vitamin A, B-complex, phosphorous and potassium along with vegetable protein. As many traditional native dishes will illustrate, corn combined with most beans or dairy form a complete protein. Like other whole grains, corn is an excellent source of complex carbohydrates.

A Little More History

Since our existence is primarily dependent on farming, we cannot entrust this essential activity solely to the farming population-- just 2% of Americans. As farming becomes more and more remote from the life of the average person, it becomes less and less able to provide us with clean, healthy, lifegiving food or a clean, healthy, lifegiving environment. A small minority of farmers, laden with debt and overburdened with responsibility, cannot possibly meet the needs of all the people. More and more people are coming to recognize this, and they are becoming ready to share agricultural responsibilities with the active farmers.

Community supported agriculture (CSA) is a new idea in farming, one that has been gaining momentum since its introduction to the United States from Europe in the mid-1980s. The CSA concept originated in the 1960s in Switzerland and Japan, where consumers interested in safe food and farmers seeking stable markets for their crops joined together in economic partnerships. Today, CSA farms in the U.S., known as CSAs, currently number more than 400. Most are located near urban centers in New England, the Mid-Atlantic

states, and the Great Lakes region, with growing numbers in other areas, including the West Coast.

Community Supported Agriculture (CSA): An Annotated Bibliography and Resource Guide, by Suzanne DeMuth

Featured Recipes

Colorful Corn Salad

1/3 cup vegetable oil
2 tbsp fresh lemon juice
1 tbsp cider vinegar
1 tbsp sweet pickle relish
1 tsp dried parsley flakes
1 clove garlic, minced
1/2 tsp salt
1/2 tsp sugar
1/4 tsp freshly ground pepper
3 cups cooked corn kernels
1/2 cup roasted red bell pepper, chopped
1/2 cup red onion, chopped

In a small bowl, stir together the oil, lemon juice, vinegar, relish, parsley flakes, garlic, salt, sugar and black pepper.

In a large bowl combine the remaining ingredients. Pour dressing over the salad and toss to combine. Let stand for at least 10 minutes for flavors to meld. It is even better the next day.

Sylvia's Soul Food, New York City

Creamy Fresh Corn

1 1/2 cups cooked fresh corn kernels
2 tbsp unsalted butter
1/2 cup chopped onion
1 tbsp unbleached all purpose flour
3/4 cup evaporated milk
salt and freshly ground pepper to taste
1/4 tsp paprika

1. Fill a large pot with water and bring it to a boil. Drop the corn into the boiling water and cook 5 minutes. Drain, and rinse the corn under cold water. When it is fully cooled, cut the kernels from the cob and set aside.
2. Melt the butter in a saucepan. Add the onion and saute over low heat for 5 minutes. Then add the flour, stir well, and cook another five minutes.
3. Raise the heat to medium, and while stirring with a wire whisk, slowly add the evaporated milk. Continue cooking and whisking until the sauce is thick, 4 to 5 minutes.
4. Stir in the corn, salt and pepper, and paprika, and cook another 3 minutes. Serve immediately.

The New Basics Cookbook, Julee Rosso & Sheila Lukins

