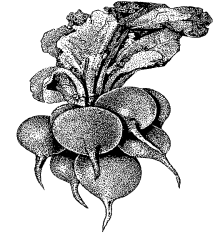




Lettuce Connect

East Farms CSA Newsletter



August 2, 2004

Message from Jeremy

I hope you are all enjoying your fruits and vegetables. Hopefully, peaches will be coming soon.

Care and Storage

Steam blanching and freezing may be the way to go if you have too much of the following vegetables. Eggplant, broccoli, carrots, corn on the cob, eggplant and sweet bell peppers. Clean and chop the vegetables. Add 1-2 inches of water to a pot and bring to a boil. Place vegetables in a steamer and cover. When steam starts to escape, start timing as indicated below. Remove, cool, dry and pack.

Broccoli	1 pound	8 minutes
Carrots	1 ½ lbs sliced	3 minutes
Corn	6-8 ears	12 minutes
Eggplant	1-1 ½ lbs	6 minutes
Peppers (strips)	¾ lb	3 minutes

Most vegetables will keep 12 - 18 months in the freezer, plan to use them by the time your next crop is ready for the picking.

Community

I prefer mine over easy, but finding local organic eggs has been a challenge. Luckily they are now available from Levan Ridge Farms and Chad's Produce. Find them at Salt Lake City Farmers' Market. Another local source is Bramblebank Farm (435-893-8147) bramblebank@earthlink.net http://www.utahheritage.com/sevier_valley.htm

Food For Thought

1. Soil Stewardship: Organic farmers endeavor to create and sustain topsoil and soil fertility.
2. Energy Conservation: Buying locally grown foods decreases dependence on petroleum. One fifth of all petroleum now used in the United States is used in Agriculture. Local organic food does not rely on petroleum-derived fertilizers and pesticides and also conserves energy by significantly reducing the distance food is transported.
3. Environmental Protection: Organic growers use practices that promote biodiversity and protect our soil, air, and water from the toxic fertilizers and pesticides utilized by industrial agriculture.
10. Cost: Conventional food processes don't reflect the hidden costs of the environmental, health, and social

consequences that currently dominate food production practices. Even though organic food may cost a few pennies more, the overall price is much less than the 'true' cost of industrial food production.

11. A Step Toward Regional Food Self Reliance: Dependency on far away food sources leaves a region vulnerable to supply disruptions, and removes any real accountability of producer to consumer. It also tends to promote larger, less diversified farms that hurt both the environment and local economies/communities. Smaller-scale regional food production systems, on the other hand, keep the food supply in the hands of community members providing employment opportunities and enabling people to influence how their food is grown.

12. Passing on the Stewardship Ethic: When you buy locally produced organic food you cannot help but raise the consciousness of your friends and family about how food buying decisions can make a difference in your life and the health of your community; and about how this basic act is connected to planetary issues.

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

Featured Recipes

Provençal Ratatouille

1 eggplant, cut in 1" cubes
1 tsp salt
2 tbsp olive oil
2 leeks (white part and ½" green part),

well rinsed, patted dry, and cut into 1" pieces

2 zucchini, cut into 1" cubes

3 cloves garlic, minced

3 tomatoes, dices

½ cup pitted Niçoise olives

6 tbsp basil pesto

6 anchovy fillets, rinsed, coarsely chopped

Freshly ground black pepper, to taste

Sprinkle the eggplant cubes lightly with the salt, and place them in a colander. Allow them to sit for 1 hour. Then rinse, drain, and pat dry. Set aside.

Preheat oven to 350F. Heat the oil in a large skillet over low heat. Add the leeks and cook for 5 minutes. Stir in the zucchini and garlic, and cook 3 minutes. Stir in the tomatoes, olives, basil pesto, anchovies, pepper, and reserved eggplant. Transfer the mixture to an ovenproof casserole, cover, and bake for 20 minutes. Stir the ratatouille, and bake another 25 minutes. Serve hot or at room temperature.

The New Basics, Julee Rosso & Sheila Lukins

Last year I made a Mexican version of this and it froze well. I came out a little watery but was yummy wrapped in tortillas.

Making Contact

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