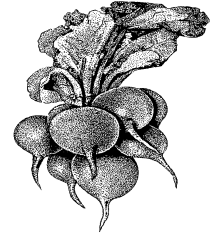


Lettuce Connect

East Farms CSA

Newsletter

August 11, 2005



Message from Jeremy

Look for a change next week in the mix of vegetables you will be getting in your box. With all the rain we received in the Spring, the season is a bit behind.

This week expect Italian garlic, corn, squash, carrots, onions and possibly plums. The corn that is ripening now will be sweeter and yummier than what you have received so far.

Tomatoes are still a few weeks out along with eggplant and melons.

Peaches should be coming soon too.

Care and Storage

Fresh onions should be stored loosely wrapped in plastic in the refrigerator and used quickly. However, 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.

Refrigerate cabbage in a hydrator drawer. A plastic bag will help retain moisture but it is not necessary. Do not remove outer leaves before storage.

Properly stored, cabbage can last three weeks to two months in the refrigerator. It can last much longer in optimum root cellar conditions.

Vegetable History

There are 300 species of onion within the allium genus, seventy of which are native to North America. They vary in size, shape, taste and smell. The famous and odorous group includes our familiar kitchen varieties, scallions, shallots, leeks, onions and garlic.

The bulb onion is indisputably the most universal seasoning used by humans. Believed cultivated since

prehistoric times, the onion seems to have originated in the middle East and southwest Asian with references dating back to 3200 B.C. The ancient Egyptians saw the concentric circles of the onion as a symbol of the universe and treated it as an object of worship. In North America the native peoples used wild onion long before European settlers arrived with cultivated varieties. To this day some form of onion is integral to just about every country's cuisine around the world.

Food For Thought

A compost pile can be defined as follows: A heap containing soil, manure, and garden plants that were supposed to yield flowers and vegetables, but died while under the gardener's care. (Garden Lunacy, Art Wolk)

Featured Recipes

Grilled Corn with Green Chili and Cheese Butter

1 large fresh Anaheim chili*
5 tbsp butter, room temperature
2 tbsp grated Romano cheese
4 large ears corn, husked
Corn oil

Char chili over gas flame or in broiler until blackened on all sides. Enclose in

paper abag; let stand 10 minutes. Peel, seed and finely chop chili. Transfer to a bowl with the butter and cheese; blend with a fork. Season with salt and pepper. Prepare a barbeque (medium-high). Brush corn all over with oil. Sprinkle with salt and pepper. Grill corn until tender and brown in spots, turning frequently, about 12 minutes. Serve, passing chili-cheese butter alongside. * may substitute 3 tbsp canned green chiles instead of roasting your own.

Tangy Coleslaw

1 cup mayonnaise
½ cup Carolina Red Barbecue Sauce*
1 2 ½ pound cabbage, quartered, cored, very thinly sliced

Whisk 1 cup mayonnaise and ½ cup barbeque sauce in a large bowl to blend. Mix in sliced cabbage. Season slaw to taste with salt and pepper. Refrigerate 3-8 hours, tossing occasionally.

Carolina Red Barbecue Sauce

1 ½ cups apple cider vinegar
½ cup ketchup
1 tbsp (packed) brown sugar
1 tsp salt
½ tsp dried crushed red pepper

Stir all ingredients in small bowl until sugar and salt dissolve. (Can be

prepared 3 days ahead. Cover and refrigerate).

Grilled Vegetables with Chipotle Dressing

1/4 cup orange juice
1 tbsp finely chopped canned chipotle chilies
1 tsp ground cumin
1/3 cup olive oil
3 plum tomatoes, quartered lengthwise
1 medium zucchini, trimmed, cut lengthwise into 1/4" thick slices
1 medium yellow crookneck squash, trimmed, cut lengthwise into 1/4 " thick slices
1 Japanese eggplant, trimmed, cut lengthwise into 1/4" thick slices
1 red onion, cut into 1/3" slices
1 chayote squash, peeled, cored, cut into 12 wedges

Whisk first three ingredients in small bowl. Add oil and whisk until well blended. Season dressing with salt and pepper. Prepare barbecue (medium-high). Place all vegetables on 2 large baking sheets. Brush vegetables with 1/4 cup dressing. Grill vegetables until tender and beginning to brown, turning occasionally, about 5 minutes for tomatoes, zucchini, yellow squash, eggplant and onion and 15 minutes for chayote squash. Separate grilled onion slices into

rings. Arrange all grilled vegetables on a platter. Drizzle remaining dressing over. Sprinkle with salt and pepper. Serve warm or at room temperature.

Serves 6.

Making Contact

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