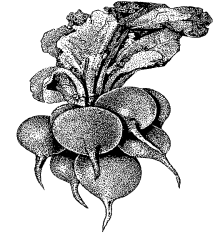




Lettuce Connect

East Farms CSA Newsletter



August 16, 2004

Message from Jeremy

There is talk of the water shortage, but we are still getting our share every week. After October 1st, we will only have water delivered if we ask for it. We usually need to do one watering in October. Look forward to garlic soon. I hope you have enjoyed to reprieve from the zucchini, they will be back next week.

Care and Storage

Refrigerate peppers in hydrator drawer unwashed for 1-2 weeks.

Peppers may be frozen. Wash and dry peppers. Cut into bite size pieces and place in an air-tight container or zip loc freezer bag. Pepper will soften when thawed so take out only the amount you need and replace the rest in the freezer.

Peppers also dry well.

Vegetable History

Eggplant is believed to have originated in India or Burma. Introduced through trade routes, it became established and popular in many Arab countries and Northern Africa around 900 A.D. Eggplant

appeared in Europe in the 15th century, but believed poisonous, it was cultivated only as an ornamental curiosity. Eggplant reached the U.S. during the 17th century.

Food For Thought

Enjoy fresh, vine ripened tomatoes while they last. As tomatoes are very cold sensitive, they may only be available for a 6-8 week window in late summer. If it's been a good hot summer and you've been inundated with tomatoes (and taxed to your creative limit in the kitchen), you may be ready for the first frost to staunch the flow. But don't be surprised, come next season, when you catch yourself eyeing the vines and hankering for the first taste of that ripe tomato!

Community

It is not too late to sign up for the cooking class to benefit Wasatch Community Garden on August 19th. Call 359-2658 to reserve your spot.

Are you looking for lamb you don't feel guilty about eating? Look no further than Morgan Valley Lamb. These lambs roam free, don't eat hormones and are not

injected with antibiotics by their owners, Jamie and Linda Gillmor. You can find their booth at the Farmer's Market. To find out more information, go to www.morganvalleylamb.com

Upcoming Events

This Saturday is our tomato picking day. Please join us to savor those fresh from the vine tomatoes. We will be picking them at the Farmington property where we had our transplanting event.

This is how you get there. Take I-15 exit 326 to Highway 89 north to Shepard Lane, go left (west) to Oakridge Rd go right (north). The field is back off the road on the left but Jeremy said he would have a sign or his white panel truck to direct members to the right place. I believe the exact address is 1717 N 1500 W Farmington.

Cooking Tips

Yukon Gold potatoes have a skin and flesh that ranges from buttery yellow to golden. These boiling potatoes make excellent creamy mashed potatoes. Mash them with some roasted garlic and you've got the ever popular garlic mashed potatoes.

Featured Recipes

Eggplant Élegante

1 eggplant
1 tsp salt
½ tsp pepper
3 tbsp butter
3 tbsp oil
1 cup onion, chopped
2 cloves garlic, minced
2 cups peeled and chopped tomatoes (about 3)
1/8 tsp thyme, basil or sage
1/4 cup parsley
½ cup bread crumbs
1 cup grated Swiss or Gruyere cheese

Peel eggplant. Cut into 8 even slices. Trim to make identical rounds. Save trimmings. Place eggplant slices in well-oiled 9 x 13-inch oven proof dish. Sprinkle with salt and pepper. Broil until soft, about 5 minutes. In medium saucepan, melt butter with oil. Saute onion and garlic until golden. Add tomatoes and eggplant trimmings. Cook until thick. Stir in herb, parsley and crumbs. Pour over eggplant slices. Cover with cheese. Bake at 350 degrees until cheese melts, about 7 minutes.

Making Contact

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