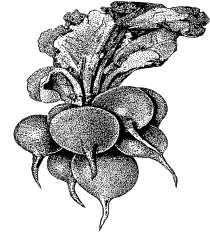




# Lettuce Connect



East Farms CSA

Newsletter

August 18, 2005

## Message from Jeremy

In the land of tomatoes, ours are doing the best. We are lucky to have a big crop of green tomatoes. Many of my neighbors have lost their tomato crops to curly top and blight.

Where's the corn? Well you can ask all those birds that were roosting on it. They ate it. There is still more to come so don't fret.

## Care and Storage

Cucumbers are most stable at 45-50 degrees. However, refrigeration is necessary to retain moisture.

## Vegetable History

The cucumber, first cultivated in India over 3,000 years ago, is now a global food. Many cultures use cucumbers, raw and in pickled form, in their cuisine. Even Iceland grows cucumbers as a major crop, using

natural steam resources for their hothouses

## Food For Thought

Cucumbers are 95% water and contain small amounts of vitamin A, C and a few minerals. Although not the most nutritional of the garden vegetables, cucumbers are surprisingly rich in vitamin E. Like many vegetables, their gift comes with their seasonality. The summer heat usually coincides with a prolific cucumber patch. A light and cooling vegetable, the cucumber helps us replenish the fluids and minerals lost in our perspiration, leaving us "cool as a cucumber."

The cucumber is also an effective skin conditioner, perhaps due to its vitamin E content. Try rubbing an end slice or an inside peel on your face and experience its refreshing benefits.

## Upcoming Events

The next event will be picking your own pumpkins in the best pumpkin patch in Davis County. The plants are already huge and it looks like we have good prospects to help you create your spooky Halloween decoration or a luscious pumpkin pie.

## Featured Recipes

### Tex Mex Chicken Skillet Supper

2 small yellow summer squash, halved and sliced

2 small zucchini, halved and sliced  
salt

2 tbsp extra virgin olive oil

1 chipotle en adobo, minced

1 tbsp chili powder

2 tsp ground cumin

1 lb skinless, boneless chicken breasts, cut into 2" long strips

2 fresh poblano chiles, or 1 green pepper, julienned

2 cloves garlic, minced

4 scallions, white and tender green parts only, sliced

2 ripe tomatoes, seeded and diced

1/4 cup chopped fresh cilantro

Warmed corn tortillas

Sour cream, to serve

2-3 limes, cut into wedges, to serve

1. If you have the time, combine the summer squash and zucchini and 2 tsp salt in a colander. Toss to mix and set aside to drain for 30 minutes.

Transfer the squash and zucchini to a

clean dish towel and wring dry.

2. Heat 1 tbsp of the oil in a large skillet over medium-high heat. Add the chipotle, chili powder, cum, and chicken. Saute until the chicken is coated with spices and cooked through, about 8 minutes. Season to taste with salt and pepper. Remove the chicken from the skillet with a slotted spoon, set aside, and keep warm.

3. Return the skillet to the stove, ad 1 tbsp of the oil, and heat over medium-high heat. Add the poblanos, summer squash, zucchini, and garlic. Saute until crisp tender, 3-5 minutes.

Season to taste with salt and pepper.

4. Return the chicken to the skillet. Add the scallions, tomatoes, and cilantro. Cook until the tomatoes are heated through, about 5 minutes.

Taste and adjust the seasonings.

5. Serve hot. Pass the warm tortillas, sour cream, and lime at the table.

Serves 4- 6.

The Classic Zucchini Cookbook,  
Ralston, Jordan and Chesman.

## Making Contact

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