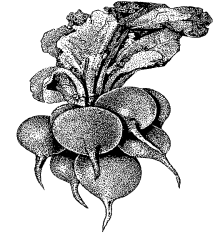




Lettuce Connect

East Farms CSA Newsletter



August 20, 2003

Care and Storage

Store whole cucumbers, unwashed, in a plastic bag in the refrigerator up to 10 days. Cut cucumbers can be refrigerated, tightly wrapped for up to 5 days.

Bulb onions will store for several months in a cool, dry ventilated place. Warmth and moisture will cause sprouting.

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 grow cucumbers as a major crop, using natural steam resources for their houthouses.

Fresh, crisp cucumbers locally harvested are available from midsummer until cool weather sets in. A cucumber patch is short-lived but produces great quantities. Successive plantings late spring through early summer will insure a steady supply.

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."

Food For Thought

The Origin of Agriculture I

Some years ago Professor Carl O. Sauer (geographer at the University of California) concluded that agriculture most likely first developed among fishermen in southeastern Asia. He saw the development of agriculture as requiring considerable experimentation, and such people would have had a dependable source of food so that the time would have been available for experimentation. Moreover, in contrast to hunters and gatherers, they would likely have been sedentary most of the year, which would also have been important to people trying to grow plants. He believed that the earliest agriculture was with root and tuber crops, reasoning that the knowledge of their production was easier to acquire than that of seed plants.

Kid Stuff

Why did the cucumber hire a lawyer? It was in a pickle.

Cooking Tips

No need to peel a cucumber unless it's waxed or not organic. Wash to remove any garden grit.

For a decorative effect, peel alternating strips down the length or score with fork tines.

Featured Recipes

Glazed Winter Squash with Pine Nuts

3/4 cup toasted pine nuts
6 tbsp unsalted butter
1 ½ cups yellow onion, chopped
2 tsp garlic, minced
4 pounds winter squash (buttercup, butternut, acorn etc.) peeled, cleaned and cut into slice 3/8 inch thick
2 cups heavy cream
2 cups half and half
1 tsp fresh thyme, minced
½ tsp ground coriander
1/4 tsp ground mace
salt and pepper to taste
½ cup parmesan cheese, grated

Melt 2 tablespoons of the butter in a saute pan or skillet over medium heat. Add the onion and cook, stirring often, until very

soft and golden, about 10 minutes. Stir in the garlic and saute 1 minute longer. Remove from the heat and reserve.

Preheat an oven to 425 F.

Combine the squash, heavy cream, light cream, half and half, thyme, coriander, and mace in a heavy-bottomed saucepan. Bring to a boil over medium-high heat. Reduce the heat to low and simmer, uncovered, until the squash is tender and has absorbed most of the liquid, about 15 minutes. Season to taste with salt and pepper.

Toss squash mixture with the reserved onion and transfer to a lightly greased 8 x 12 inch baking dish. Sprinkle with the cheese and dot with the remaining 4 tablespoons butter. Bake for 10 minutes, then sprinkle with the toasted pine nuts. Continue baking until the top is lightly browned, about 5 minutes longer. Serve immediately.

Serves 10 to 12.

James McNair's Squash Cookbook, James McNair

Making Contact

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

