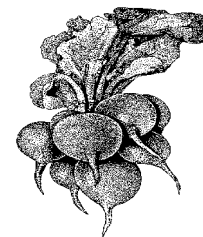


# Lettuce Connect

## East Farms CSA Newsletter

August 22, 2006



### Message from Jeremy

Our normal delivery schedule is to have your boxes dropped off by 4:00 p.m. Some days, there are unforeseen circumstances that may make the delivery late such as mechanical failure and worker shortage. Please have patience.

If your delicate produce such as tomatoes or peaches are accidently damaged by heavier items such as melons, please let us know so that we can replace it. We take care to prevent this but settling and shifting in the boxes during transport may cause a problem.

### Care and Storage

Keep melons in a cool place in your kitchen. While they won't get any sweeter, their flesh will soften and become juicier. Once ripened (or cut), refrigerate a melon (with plastic wrap pressed against the flesh if cut) in a plastic bag and use within 2 or 3 days. Ripe melons are very fragrant and the aroma of a cut melon can penetrate other foods.

### Vegetable History

Melons, squashes, and cucumbers are members of the Cucurbitaceae or gourd, family and all grow on vines. Melons and squashes have thick flesh, with a central seed-filled cavity. Watermelons and cucumbers have seeds throughout their flesh. Squashes are used as vegetables and melons as fruits even though technically anything with the seeds is the fruit.

### Featured Recipes

#### Southwestern Corn

1 tbsp vegetable oil  
2 medium red bell peppers, cored, seeded and chopped  
3 cups fresh corn kernels, blanched (from about 6 ears)  
2 jarred jalapeno peppers, seeded and minced  
½ cup cilantro, chopped  
2 tsp kosher salt  
freshly ground black pepper to taste

Heat the oil in a medium saucepan over medium heat. Add the red peppers and cook for 2 minutes, stirring occasionally.

Stir in the corn and the remaining ingredients. Cook until heated through, about 1 1/2 minutes.

### Pico de Gallo

2 ripe tomatoes finely diced  
2 garlic cloves, finely chopped  
3 hidalgo chiles, finely diced or 1 jalapeno, seeded and diced  
1/4 cup finely diced white onion  
2 tbsp chopped cilantro  
salt  
juice of 1 lime or 2 tbsp apple cider vinegar

Combine the tomatoes with their juices, garlic, chiles, onion, cilantro, and 1/4 tsp salt in a bowl. Add the lime juice and taste for salt. If the tomatoes weren't very juicy, add 1 tbsp water. Let stand for 20 minutes or so before serving. Makes about 2 cups.

Vegetarian Cooking for Everyone,  
Deborah Madison

### Feta Corn

Mix Rockhill Creamery Feta (available at the farmer's markets) with either sour cream, creme fraiche or crema fresca so that it is still this but is spreadable. Cook your corn either by boiling or grilling and then lather it with the cheese mixture. It is to die for.

### Making Contact

If you have any questions, concerns or comments, please contact Shay or Jeremy East at 801-525-2219.