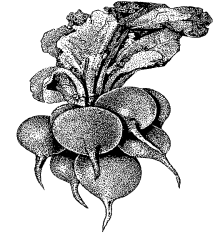




# Lettuce Connect



East Farms CSA

Newsletter

August 25, 2005

## Message from Jeremy

The tomatoes are coming. We will be watering them for about 1 ½ more weeks and will then let them ripen.

Peaches are coming too, they are just slow to ripen. Look forward to some savory peach recipes when they get here.

Please remember to return your boxes broken down to your delivery point. By returning your boxes, it lower our costs and we are able to provide you with more vegetables.

## Care and Storage

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

## Vegetable History

A wide variety of hot peppers have played a predominant role in Central and South American and Asian

cooking, while the sweet bell peppers, having only been widely cultivated recently, are most widely used in this county. Sweet bell peppers come in a dazzling array of colors, some varying in shapes and sizes as well. Most of the popular colored peppers, such as the expensive sweet red pepper, are simply green peppers allowed to mature and ripen on the plant, not always a simple feat in the short growing season of northern climes. (Hopefully we will be getting some hot peppers soon).

## Food For Thought

Unless you are trying to masquerade zucchini as an apple, don't peel it; the peel is where most of the nutrition, fiber, and flavor lie.

## Preserving the Harvest

You can shred zucchini and then freeze it in zip loc bags to be used in the winter. I freeze my in two cup

portions. The amount needed for most zucchini bread recipes.

## Upcoming Events

The next event will be a pumpkin picking day in October. More information to follow.

## Cooking Tips

Some recipes call for draining squash. The most effective way to do this is to slice or grate the squash and toss with salt. Set it aside for about 30 minutes. The squash will lose about one-quarter of its volume as excess moisture is released from its cells. Wring the squash dry in a clean kitchen towel, or squeeze by hand. The squash is now ready to cook with. Many cooks find that salting squash before sauteeing greatly improves the taste and texture. Try it both ways and see which you prefer.

## Featured Recipes

### Scalloped Squash

3 tbsp butter or oil  
3 tbsp flour  
1 ½ cups milk  
1 ½ cups grated sharp Cheddar cheese  
2 medium sized summer squash, sliced  
2 medium sized zucchini, sliced

1 onion, halved and sliced  
Salt and pepper  
1/4 cup dried bread crumbs

Preheat the oven to 350 F. Butter a 9x13 baking dish. In a medium-sized saucepan over medium heat, melt the butter. Whisk in the flour to make a smooth paste. Whisk in the milk and bring to a boil. Reduce the heat and stir in the cheese. Cook, stirring constantly, until the cheese is melted and the sauce is smooth. Layer the squash and onion in the baking dish, sprinkling with salt and pepper as you later. Cover with the cheese sauce. Sprinkle the bread crumbs over the dish. Bake for 60 minutes. Serve hot. Serves 4-6.

### Dilled and Grilled Summer Squash Chips

2 lbs zucchini or summer squash, sliced lengthwise 3/8" thick.  
3 tbsp extra virgin olive oil  
1 tbsp lemon juice, plus more as needed  
2 cloves garlic, minced  
3 tbsp chopped fresh dill  
Salt and pepper  
Coarse sea salt or kosher salt or fresh lemon juice

Prepare a medium-hot fire in the grill. In a large bowl, combine the squash, oil, lemon juice, garlic, dill, and salt and pepper to taste. Toss gently to

coat. Grill the squash slices until they are grill-marked and tender, turning once, about 5 minutes for the first side and 4 minutes for the second side. Transfer to a serving plate and sprinkle with the coarse salt or drizzle with fresh lemon juice, if using. Serve hot.  
Serves 4.

### Zucchini-Tomato Gratinée

2 medium sized zucchini  
2 tomatoes, seeded and chopped or sliced  
2 onions, thinly sliced  
Salt and pepper  
1/4 cup butter  
1 cup dry bread crumbs

Preheat oven to 350F. Butter a 9x13 inch baking dish. Cover the bottom of the pan with a layer of zucchini, followed by tomatoes, then onions. Season with salt and pepper and dot with butter. Continue to layer in the baking dish until all ingredients are used. Sprinkle the crumbs on top. Bake the gratinee uncovered, until the vegetables are tender, about 20 minutes. Serve hot.  
Serves 4-6.

Variations: Add chopped fresh herbs, particularly basil, oregano and summer savory, to the layers. Add minced garlic to the layers. Grate 12 ounces of Cheddar, Fontina, mozzarella or

Parmigianno Reggiano cheese and layer it with the vegetables.

All the recipes and information about zucchini in this newsletter were taken from The Classic Zucchini Cookbook by Nancy C. Ralston, Marynor Jordan, and Andrea Chesman.

### Making Contact

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