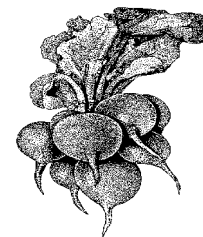


Lettuce Connect

East Farms CSA Newsletter

August 26, 2006



Message from Jeremy

This latest weather has been wonderful. We are still feeling the effects of the 100 degree temperatures in July. Some of the vegetables are not responding like they should. Last week we had hail and some of the vegetables suffered from it.

Care and Storage

Refrigerate green beans in a plastic bag.

Use as soon as possible. Beans will maintain integrity quite well for one week to ten days.

Beans are easily frozen for long term storage. Blanch in boiling water for two minutes, rinse in cold water to stop cooking process, drain, and pack into an airtight container such as a zip-lock freezer bag.

Vegetable History

Cabbage, like various other brassicas, have been used medicinally for centuries. Cabbage is still considered a beneficial digestive aid and intestinal cleanser.

Cooking Tips

Cut cabbage head first into quarters, then diagonally across the wedge. Cut into thin 1/2" slices for tossing raw into salads, or cut into thicker slices for steaming or boiling.

Eat cabbage raw or lightly cooked. Overcooked cabbage may produce a strong odor and flavor.

Steam wedges of chopped cabbage for 5-7 minutes. Top with butter, a pinch of salt and pepper, or some grated cheese.

Featured Recipes

Grilled Bread with Red Relish

2 large red bell peppers, peeled, seeded, and cut into 1/2" dice
1 large yellow bell pepper, peeled, seeded, and cut into 1/2" dice
3 medium ripe red tomatoes, peeled, seeded, and chopped
2 garlic cloves, minced
1 1/2 tsp ground cumin
1/4 tsp harissa or cayenne
1 tbsp extra virgin olive oil
2 tbsp fresh lemon juice
1/4 cup chopped fresh flat-leaf parsley

Coarse salt and freshly ground black pepper
1 baguette, cut on a sharp diagonal, into 1
1/2 " slices, about 18-24

Preheat an outdoor grill or preheat the
broiler. Place the tomatoes in a frying pan
and cook over high heat, stirring, until the
liquid has evaporated, 6 to 8 minutes.
Transfer the tomatoes to a bowl. Add the
red and yellow peppers, garlic, cumin,
cayenne, olive oil, lemon juice, and parsley
to the tomatoes. Mix well. Season to
taste with salt and pepper. Place in the
center of a serving dish.
Grill or broil the slice of bread on each side
until light golden. Place the bread around
the relish on the serving dish and serve.

You Say Tomato, Joanne Weir

Crostini Rossi "Red Toast"

2 large ripe red tomatoes, peeled, cored,
and seeded, and chopped
1 slice country-style bread
3 tbsp red wine vinegar, or more to taste
3 tbsp extra virgin olive oil
1 tbsp capers
1 garlic clove, chopped
3 tbsp chopped fresh flat-leaf parsley, plus
a few sprigs for garnish
2 tsp chopped fresh thyme, plus a few
sprigs for garnish
pinch of crushed red pepper flakes
coarse salt and freshly ground black pepper
6 large 1/4" inch-thick slices country-style
bread

Place the tomatoes in a strainer set over a
bowl and let drain for 15 minutes.
Place the slice of sourdough bread on a

plate and drizzle the vinegar over the top.
Let sit for 1 minute, and then gently wring
it out. Put the bread, 2 tbsp of the olive
oil, the capers, garlic, parsley, thyme,
crushed red pepper, and tomatoes in the
bowl of a food processor and pulse a few
times. Season with salt and pepper. (This
can be done up to 4 hours ahead. Taste
and season with salt, pepper, and vinegar if
necessary before serving.)
Preheat the oven to 425 F for preheat an
outdoor grill. Brush the slices of bread
lightly with the remaining 1 tbsp olive oil
and toast or grill until golden on each side.
Spread the crushed tomatoes on top of the
toasts, garnish with parsley and thyme
sprigs, and serve immediately.

Making Contact

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