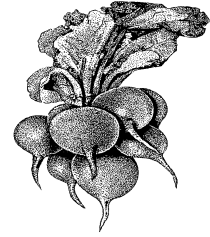




Lettuce Connect

East Farms CSA Newsletter

August 30, 2004



Message from Jeremy

The summer is coming to an end but not the vegetables. We ended our first patch of zucchini and you will probably see zucchini from our second patch in a week or two. Edamame (soy beans), lima beans and wax beans will be making their appearances soon.

Care and Storage

If you were unable to eat your corn right away and feel that it may be past its prime, it can be added to chowders, stews, soups, baked dishes, stir fries, omelets, cornbread, pancake batter, quiches, salads, bean dishes, fried rice, etc.

Vegetable History

The word tomato is derived from the ancient Mayan word *xtomatl*. The tomato, native to Peru, was first cultivated by the Aztecs and Incas in the 8th century. It wasn't until the 16th century that the tomato was introduced in Europe, via Spanish explorers. The Italians were the first Europeans to begin eating the tomato, followed by the Spanish and French. The tomato was not globally

accepted as food until about 1850.

Kid Stuff

What do you call a stolen yam?
A hot potato.

Everyone has these on their face?
Tulips

What did the carrot say to the wheat?
Lettuce rest, I'm feeling beet.
Shel Silverstein

Featured Recipes

Italian Zucchini Salad

4 cups sliced zucchini
1 medium onion, thinly sliced
2 cloves garlic, minced
1 cup sliced mushrooms
1 ½ cups chopped tomatoes
¼ cup olive oil
3 tbsp wine vinegar
1 tsp salt
1/8 tsp freshly ground paper
2 tbsp chopped fresh oregano

In a small saucepan, steam the zucchini until just barely tender. Refresh in cold water, drain and place in a large bowl. Add the onion, garlic, mushrooms, and

tomatoes and set aside. To make the dressing, combine in a small bowl the oil, vinegar, salt, pepper, and oregano. Pour the dressing over the vegetables and toss gently. Refrigerate for several hours.

The City Gardeners Cookbook

Grilled Vegetables with Herbs & Garlic

1 lb red skinned potatoes, sliced
1 red bell pepper, cored, seeded and quartered lengthwise
1 green bell pepper, cored, seeded and quartered lengthwise
1 large zucchini, trimmed, halves crosswise and each half quartered
2 onions quartered
1/3-1/2 cup olive oil
1 1/2 tsp each of fresh thyme, rosemary & oregano or 1/2 tsp each dried
2 large garlic cloves, minced
salt and pepper

Preheat the oven to 400 F. In a large, shallow oiled baking pan, combine all the ingredients and season with salt and pepper. Bake the vegetables in one layer, turning them frequently, for 30-45 minutes, or until tender. Serves 6.

The Best of Italy, Evie Righter

Spicy Vegetable Couscous

2 tbsp olive oil
1/2 cup diced yellow summer squash
1/2 cup diced zucchini
1/2 cup diced red onion
1 clove garlic, minced
1 cup cooked chick-peas

1/2 tsp ground cumin
1/2 tsp curry powder
1/2 tsp dried red pepper flakes
1/2 tsp salt
freshly ground pepper, to taste
3 cups cooked couscous
1/4 cup chopped parsley

Heat the oil in a large skillet, and sauté the squash, zucchini, red onion, and garlic for 5 minutes. Stir in the chick-peas and spices. Then gently stir in the cooked couscous. Cook until hot, about 8 minutes. (Or spoon into a large casserole, dot with butter, and heat in a 350 F oven until hot, 15 minutes.) Garnish with the parsley before serving.

Serves 4.

The New Basics, Julee Rosso & Sheila Lukins

Making Contact

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