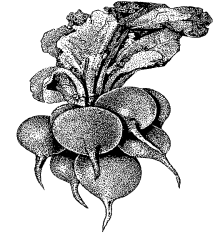




# Lettuce Connect

## East Farms CSA Newsletter



September 10, 2003

### Care and Storage

For longer storage of potatoes, they will hold best at 45-50 degrees, high humidity and in darkness. If their environment is too warm they will sprout and shrivel; if too cold the starch will turn to sugar.

Peppers may be frozen. Wash and dry peppers. Cut into bite size pieces and place in an air-tight container or zip loc freezer bag. Pepper will soften when thawed so take out only the amount you need and replace the rest in the freezer.

### Vegetable History

Potatoes are native to the Andean mountain regions of South America, where they have been in cultivation since 3000 B.C. Discovered there by the Spaniards, they were introduced in Europe then finally in North America in the early 1700's.

### Food For Thought

Well integrated into the American diet, a person in this county may eat an average of 75 pounds of potatoes annually. Unfortunately, a significant portion is consumed in the high fat, high sodium form of french fries and potato chips.

A weed is a plant that has mastered every survival skill except for learning how to grow in rows. - Doug Larson

### Kid Stuff

Why did the cornstalk get mad at the farmer? He kept pulling its ears.

Why did the tomato go out with the prune? Because he couldn't find a date.

### Upcoming Events

Save the date of October 4<sup>th</sup> for our Pick Your Pumpkin Day. Check upcoming newsletters for more specifics.

### Cooking Tips

Try the famous roasted pepper: Place bell pepper under broiler, above hot coals or over an open flame. Toast it, turning often, until the skin's evenly blackened. Place pepper into a brown bag, fold, and allow to steam itself for 10-15 minutes. Skin will peel off easily with the aid of a paring knife.

## Featured Recipes

### Fast Chili Sauce

12 pounds tomatoes, cored quartered  
1 cup cider vinegar  
4 onions, quartered  
4 green peppers, seeded and quartered  
8 celery ribs  
4 cloves garlic  
1/4 cup vegetable oil  
4 tbsp chili powder  
4 tbsp ground cumin  
1 ½ tbsp dry mustard  
1 ½ tbsp oregano

Combine the tomatoes and vinegar in a heavy saucepan and cook, covered, until the tomatoes become quite soft, 15-20 minutes.

While the tomatoes cook, finely chop each vegetable, separately, in food processor fitted with a steel blade. In a heavy saucepan, heat the oil. Add the chili powder and cumin and simmer until the chili powder foams, about 5 minutes. Add the chopped vegetables and saute until the vegetables are slightly tender, about 5 minutes. Remove from the heat. By now the tomatoes should be very soft. Puree the tomatoes in the food processor or blender until smooth. Add the tomatoes to the vegetables. Add the mustard and oregano. Bring to a boil and simmer until the sauce thickens, 3 hours or more, depending on how ripe and juicy your tomatoes are. Taste and adjust seasonings.

Ladle the hot sauce into clean, hot quart jars, leaving ½ inch head space. Seal. Process in a boiling water bath for 10

minutes. Adjust seals if necessary. Cool undisturbed for 12 hours. Store in a cool, dry place. Do not open jars for 6 weeks to allow the flavors to develop.

### Fettucine with Fresh Tomato Sauce

3 firm, medium large ripe tomatoes, peeled, seeded and finely chopped  
1 large garlic clove, finely minced  
salt and pepper  
1/3-1/2 cup extra virgin olive oil  
1/4 cup mined fresh basil leaves or parsley  
1 pound fettucine cooked al dente

In a bowl, combine the tomatoes, garlic, and salt and pepper. Whisk in the olive oil in a stream, then stir in the basil leaves. For a smoother sauce, in a food processor, puree all of the ingredients except for the basil leaves. Pour the puree into a bowl and stir in the basil leaves. Test for seasoning.

Serve over cooked pasta.

## Making Contact

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