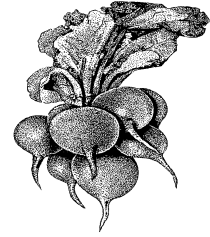




Lettuce Connect

East Farms CSA Newsletter

September 24, 2004



Message from Jeremy

The tomatoes this year have been disappointing. With the cool weather and now a curly top blight has started to attack affecting their size. There isn't anything that can be done about this blight except to rotate the crop and hope it doesn't come back.

The tomatoes may not look too good but are still delicious. If they appear to be a little under-ripe, set them on the counter for a day or two. If I left them on the vine any longer, they would turn to mush in your box.

Care and Storage

Keep your edamame in a plastic bag for about a week in the refrigerator. If you want to store them longer, cook and freeze them in the pod.

Vegetable History

Edamame is the Japanese name for fresh soybeans. They are bright green and usually have two beans per pod.

Food For Thought

Food is the most affordable in the U.S. We spend about 10% of our disposable income on food. Compare this to Germany 21%, Japan 26%, Mexico 33% and India 51%.

Upcoming Events

Mark your calendars for our last and most fun field event. It is the great pumpkin picking day. Come find the perfect pumpkin to scare away even the most beastly ghouls on Halloween. Your pumpkin will last until Halloween if you store it out of the sun and don't carve it until about the 23rd.

The date is set for October 9th. The patch is in West Layton. It is the last field on 2200 west before you get to the bird refuge. More specific directions will follow in upcoming newsletters, so stay tuned.

Cooking Tips

To cook your edamame, bring a large pot of water to boil. Throw them in and boil for 3-5 minutes until tender. Drain and sprinkle with salt. Kosher or sea salt are best. Pop the beans out of the pods directly into your mouth. They can also

be shelled after cooking to include in salads.

Featured Recipes

Stir fried tofu with Mushrooms, Green Beans and Green Onions

3 tbsp soy sauce
1 tbsp unseasoned rice vinegar
1 tbsp honey
1 tsp sesame oil
1/4 tsp dried crushed red pepper
1 12-ounce package extra-firm tofu, drained, cut into 3/4" cubs, patted dry with paper towels.
1/4 cup water
1 tsp cornstarch
2 tbsp vegetable oil, divided
6 oz. fresh shiitake mushrooms, stemmed, caps sliced
8 oz. green or wax beans trimmed and cut in 2" lengths, parboiled
4 garlic cloves, minced
1 tbsp minced peeled fresh ginger
4 green onions, sliced on the diagonal

Whisk first 5 ingredients in medium bowl to blend. Add tofu and stir to coat; let marinate 30 minutes. Drain, reserving marinade in small bowl. Whisk 1/4 cup water and cornstarch into marinade. Heat 1 tbsp oil in large nonstick skillet over medium-high heat. Add tofu and sauté until golden, about 2 minutes. Using slotted spoon, transfer tofu to plate. Add remaining 1 tbsp vegetable oil to skillet. Add mushrooms and stir-fry until tender, about 3 minutes. Add green beans, stir-fry about 2 minutes. Add garlic and ginger; stir-fry 30 seconds. Return tofu to the

skillet; drizzle reserved marinade mixture over. Stir-fry until marinade thickens. Season to taste with salt and pepper. Transfer to a bowl and sprinkle with green onions.

Serves 4.

Zucchini Frittata with Basil

1 medium onion, chopped
4 cloves garlic, sliced
2 tbsp olive oil
8 baby zucchini or other summer squash, sliced
1/2 cup fresh basil, chopped
6 large eggs
salt and pepper to taste

In a large skillet with a tight-fitting lid, place the onion and garlic in the oil. Sauté over medium heat until the onion is transparent. Add the zucchini and basil and cook, stirring occasionally, about 3-5 minutes, until the squash is just tender. In a bowl, lightly beat the eggs and add the salt and pepper. Pour the eggs into the squash mixture and stir briefly. The eggs should just cover the vegetables. Cover and cook until the eggs are just set, about 5 minutes. Pour off any excess liquid. Loosen the frittata from the side of the pan and unmold onto a platter. Serve hot or cold.

Making Contact

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