

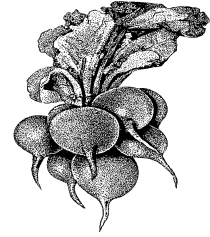


# Lettuce Connect

East Farms CSA

Newsletter

September 22, 2005



## Message from Jeremy

Look for two more weeks of fresh produce and the last two weeks your boxes will be filled with more storage friendly such as potatoes, onions and winter squash.

## Care and Storage

Pears are one of the few fruits that are better when picked hard and allowed to ripen naturally off the tree. Store them at room temperature until ripe, then refrigerate. Pears can be stored in the refrigerator or a cool garage then allowed to ripen later at room temperature.

## Vegetable History

There are over 5,000 varieties of pears grown throughout the world. Most of the pears in the U.S. come from California, Oregon and Washington but we all know the best

pears are grown here in Utah.

## Upcoming Events

The pumpkin picking day will be October 8<sup>th</sup> in West Layton. Look here and in your box for the address and instructions on getting there. This is always a fun event so put it on your calendar now.

## Cooking Tips

### Featured Recipes

#### Spinach Salad with Roasted Pears

Spinach and pear are perfect together in the fall and make good salad partners. This composed salad is a nice balance of color and flavor.

Peel and slice 4 firm pears.  
Toss with 2 Tablespoons sugar and 1 Tablespoon melted butter.  
Place in an open baking dish and roast

in 400\* oven for 15 minutes, until lightly browned.

Tear 6 cups washed and dried Space Spinach into a bowl and toss with 4 tablespoons olive oil and 1 tablespoon rice wine vinegar.

Season with salt and freshly ground pepper to taste.

Transfer to a serving plate, and evenly distribute roasted pears.

Garnish with dried cranberries, toasted walnuts and sliced hard boiled egg.

Top with a light grating of Parmesan cheese.

### FIRE ROASTED TOMATO SAUCE

Heat the grill and run to the garden to pick your tomatoes, this sauce is hard to beat for fresh flavor!

Ingredients:

6 fresh tomatoes, sauce types

1 sweet red pepper

2 Tbs Olive oil

1/2 cup fresh chopped basil

2 Tbs fresh thyme

salt & fresh ground pepper (to taste)

Instructions:

Prepare a charcoal (or gas grill) to medium hot temperature

Cut tomatoes in half and place skin side down on the grill

Cook until skins are blackened, about 3 minutes

Cool slightly and peel skins

Finely chop tomatoes and sweet pepper

In a saucepan blend tomatoes and pepper with olive oil, basil and thyme  
Bring to a simmer over medium heat  
Cook until sauce is reduced, about 15 minutes

Season with salt and pepper

Serve over pasta or lasagna

### TANGY TOMATO SALAD

Serve as a side dish or appetizer with slices of warm toasted bread to mop up the sauce. Hot pepper gives a kick to this fragrant dish!

Ingredients:

2 pints fresh salad tomatoes

1 minced garlic clove

1 finely chopped hot chili pepper

4 Tbs Olive oil

1/2 cup crumbled Feta cheese

2 Tbs fresh sage, chopped

salt & fresh ground pepper (to taste)

Instructions:

preheat oven to 300 degrees

Cut tomatoes in half

In a bowl, combine tomatoes, olive oil, garlic, pepper, and sage

Gently mix in Feta cheese, salt and pepper to taste

Transfer to a shallow pan

Bake in oven for 20 minutes until fragrant and hot

## Making Contact

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