

In the basket . . .

Sweet Corn – Corn keeps best in the husk in the coolest part of your refrigerator. After shucking, rinsing, and removing the strings, add to a pot of boiling water for 3 – 5 minutes. A little butter, salt and pepper make for a wonderful time!

Red Ripe Tomatoes – Enjoy these slicing tomatoes on sandwiches or in salads. Chop coarsely with garlic, cucumber, onion and herbs for a fresh salsa dip or a pasta topping.

Stringless Green Beans (organic) – Two varieties harvested this week include the Italian Roma-style flat bean and the slender, tender Provider stringless bean. Snap the ends off and either sauté in olive oil and garlic for a crunchy, fresh side dish; or break into bite-sized pieces and simmer in water for 1-2 hours for an old-fashioned flavor. Throw in a little bacon grease, country ham pieces, or a yellow onion to increase the flavor. More green bean recipes later on when the heirloom runner and pole beans are ready.

Gold New Potatoes (organic) – These freshly dug gold variety of new potato are one of our farm favorites. There is no need to peel the skin. They can be steamed, roasted, or slightly boiled and served as a nice side dish. Remember that new potatoes have more moisture than a stored potato, and will take a little longer to cook – so check for doneness before removing from heat.

We are told that Martha Stewart's favorite potato for summer potato salad recipes is the gold!

Cucumbers – The cucumber vines are producing better and our attempts to ward off the pesky beetles seem to be helping. Enjoy cucumbers sliced thin and float in a white vinegar and water mixture, chilled.

Summer Squash, Zucchini, Patty Pan Squashes – You may have realized by now that most squashes and zucchini are interchangeable in recipes, however, long zucchini does have a

little more water than the others. If you grate it for bread recipes or a mash, drain away the liquid to keep the recipe even. Any of the squashes can be grilled, roasted in foil with other veggies, sliced and fried with the green tomato batter, or steamed and served with Parmesan cheese or butter.

Beets (organic) – We hope by now that those of you who have had bad pickled or boiled beet experiences in your youth have tried beets again. Seriously, you will be surprised that they can be good. The more colorful the food, it often has more benefit to our health. Beets are one of the most nutritious vegetables there is to eat, containing high amounts of folate, manganese and potassium. Beets are also an excellent source of vitamin C, and essential minerals like iron, copper, and phosphorus. Other health benefits of beets include a colon cancer fighting agent in the form of *betacyanin*, and also healthy flavonoids called *anthocyanins*.

Included below is a recipe from a member who said that simply boiling them just did not do it for her and her family – but they loved the beets fixed a new way! Another idea is to cut into bite-sized pieces and roast in the oven with the gold new potatoes. Put into a bowl, toss with olive oil, spread on a cookie sheet, roast at 400 for 20 minutes, turn and roast 10-15 minutes more.

Hard Neck Garlic (organic) – Used with the old standby (extra virgin olive oil) to quickly prepare any vegetable, garlic is a staple you always want to have on hand.

Sweet Bell Peppers – Use the yellow or purple bell peppers as you would a traditional green or red pepper. These early varieties are crisp, mild and wonderful in a mixed grilled vegetable dish.

SWAP - CHOICE BOX . . . *If you haven't gotten enough **cauliflower** or green **cabbage**, we have it available to add on this week. Also, look for **hot peppers** in the swap box for the next several weeks: jalapenos, serranos.*

Recipes to enjoy . . .

Beets in Sour Cream

Shared by Barbara C. who adapted a recipe from "Leelanau Culinary Treasures: A collection of Recipes (by Paula Swink Proprietor) of the Aspen House Bed and Breakfast" in Leland, Michigan.

6 large beets
2 tbsp. butter
1 small onion, minced
3 tbsp all-purpose flour
1 ½ cup chicken broth
½ cup sour cream
2 tbsp. prepared red horseradish (we used white)
Salt and pepper
Chopped parsley or tiny beet leaves

In a large saucepan, cook beets in boiling salted water, covered, for 40 to 45 minutes or until tender. Drain, peel and cut into julienne strips. In a 1½-quart saucepan, melt butter over medium heat and sauté onions for 5 minutes. Stir in flour. Gradually add chicken broth and stir over medium heat until sauce bubbles and thickens. Stir in sour cream and horseradish. Add beets and season to taste with salt and pepper. Reheat and serve sprinkled with chopped parsley or chopped tiny beet leaves, if available. Makes six (6) servings. Enjoy.

Zucchini Carpaccio Salad - *A meat-free carpaccio, this crisp mix of zucchini and arugula gets a boost from olive oil and salty cheese.*
Shared by CSA member, Beth C., who adapted it from Gourmet July edition. She says,
* I use a vegetable peeler for the zucchini -- people are always surprised at how delicious it is, and I am always surprised by how easy!
*There was no arugula to be had, so I used an organic spring mix. I would also recommend a splash of white wine vinegar on top...really makes the flavor sparkle. The recipe is rather salty, but very good and the zucchini is good to munch on all by itself when prepared as directed!
*This is fast easy and uses up a few of the plethora of zucchini in your garden. The salting changes the texture of the raw zucchini so it is

sort of cooked but very fresh tasting. I used small 6-inch zucchini and sliced them with a potato peeler, which worked perfectly.

1 1/2 lb zucchini (about 3 large)
1 1/4 teaspoons salt
1/2 lb arugula, stems discarded and leaves cut into 1/2-inch-wide strips (6 cups)
1 oz Parmigiano-Reggiano, coarsely grated (on large holes of a box grater; 1/2 cup)
3 tablespoons extra-virgin olive oil
1/4 teaspoon black pepper

Cut zucchini crosswise into paper-thin slices with slicer. Toss zucchini slices with 1-teaspoon salt in a large colander set over a bowl and let drain 20 minutes. Rinse zucchini slices well, then drain, pressing gently on slices to extract any excess liquid. Pat zucchini slices dry with a kitchen towel.

Put greens in a large bowl. Sprinkle with 1/4 cup Parmigiano-Reggiano and remaining 1/4-teaspoon salt. Drizzle 1 1/2 tablespoons of oil over greens and toss. Arrange zucchini slices over greens, then drizzle with remaining oil and sprinkle with remaining 1/4 cup Parmigiano-Reggiano and pepper. Makes 4 to 6 side-dish servings.

Grilled Summer Squash Salad

recipe from Harmony Valley Farm

2 summer squash, halved lengthwise
1 T balsamic vinegar
2 T olive oil
2 T Parmesan grated
2 T fresh finely chopped herbs of your liking
1 T green onion, chopped
Lightly oil squash and place on medium hot grill, cooking all sides until tender. (Browning will occur but avoid burning.)
Remove from grill and allow to cool. Dice into bite-sized pieces. In bowl, mix remaining ingredients and toss with squash to coat. Cool.