

## In the basket . . .

As the season moves along, we continue to bring you some new items along with some things you've seen before.

### Onions (organic) – new this week!

You've seen green onions several times this year, but this is the first time we've had onion bulbs in the basket. Some of you have a red onion; others have a yellow onion in your baskets.

The onion's pungency depends on the amount of sulfur in the soil. When a certain compound in the onion comes into contact with the water in your eyes, it turns into sulfuric acid, which is what makes you tear up. To cut down on this, slice them under running water.

While raw onions can be pungent, onions become sweeter the longer they're cooked. You can store bulb onions in a cool, dry place for several months.

### Red Celery Bunches (organic) – new this week!

This red celery is grown as individual stalks, not as bunches. Its flavor is similar to green celery. Celery isn't an easy crop to grow. It has special soil and water requirements that make it a little time-consuming. But we think it's worth the effort. We recommend cooking with this variety.

Celery is 94 percent water, but it does have several minerals and vitamins A, B-complex, C, and E. It's also high in fiber. Celery can be eaten raw, made into soup, or sautéed with other vegetables for a quick side dish.

To store, wrap in a damp towel or put in a plastic bag and place in the crisper drawer of your fridge. Or you can place the stems upright in a container filled with an inch of water. It should keep up to two weeks.

### Sweet Basil (organic)

When you think of basil, you probably think of savory Italian or Thai cooking. But basil can also be a key ingredient in desserts as well. Check out our recipe section for more ideas.

### Tomatoes (organic)

Another nice mixture of red and colored tomatoes.

### Green and Sweet Colorful Bell Peppers (organic)

We've included a recipe for stuffed peppers that makes a nice side dish or could be an entrée.

**Swap Box** – In the swap box this week, we've the Serrano variety of **hot pepper**. Also remember you can swap out anything for something else another member put in.

### Zucchini or Squash

Luckily, this prolific summer vegetable can be used in everything from appetizers to desserts. We've included an appetizer recipe for you to try.

### Cantaloupe

A nice refreshing melon to enjoy on a hot summer day.

### Okra (organic)

Okra can be frozen for use later in vegetable soup. Cut off stem end, chop into desired bites and lay out on a cookie sheet. When frozen, scoop into a plastic bag.

### Swiss Chard (organic)

A beautiful bunch of nutritious dark leafy greens.

## Recipes to enjoy . . .

### Basil-White Chocolate Sauce

*This recipe originally comes from the August 1995 issue of Bon Appetit as a sauce for apricot soufflés. But it can be used on ice cream, pound cake, or whatever other dessert you'd like to jazz up a bit.*

½ cup whipping cream  
 ½ ounce bunch of basil  
 4 ounces good quality white chocolate, chopped

Bring cream just to a boil in heavy small saucepan. Add basil. Let cool for 15 minutes. Strain cream and discard basil. Return cream to pan and bring to a boil. Remove from heat and add chocolate. Let stand until chocolate softens, about 5 minutes. Whisk until smooth. Serve warm.

### Hazel's Zucchini Appetizer

*A dear family friend, Hazel Bynum, who recently passed away, gave this recipe to us years ago.*

1 cup Bisquick  
 ½ cup grated Parmesan  
 ½ cup finely chopped onion  
 2 tbsp chopped fresh parsley (or other favorite herb)  
 ½ tsp salt  
 ½ tsp seasoned salt  
 ½ tsp oregano

1/8 tsp pepper  
1 clove minced garlic  
¼ cup vegetable oil  
4 eggs, beaten  
3 cups thinly sliced zucchini

Preheat oven to 350°. Combine all ingredients, except zucchini. Combine well then add zucchini. Spread in a lightly greased 9X13-inch pan. Bake for 30 minutes. Cool slightly and cut into small squares.

### Herb-Stuffed Bell Peppers

*Adapted from the August-September 2005 issue of Taste of Home.*

2 large bell peppers  
½ pound ground beef  
½ cup chopped onion  
1 ½ cups brown rice, cooked  
1 tbsp dried parsley flakes  
¾ tsp salt  
¼ tsp cayenne pepper  
1/8 tsp allspice  
8 oz. tomato sauce  
¼ cup chicken broth  
2 tsp balsamic vinegar  
1 ½ tsp dried basil  
4 tbsp Parmesan or Romano cheese, grated and divided

Preheat oven to 350°. Cut off tops of the peppers and remove seeds. Place peppers cut side down on microwave-safe plate. Cover with plastic wrap, and microwave on high for 2 or 3 minutes until crisp-tender.

In a small skillet, cook beef and onion over medium heat until meat is not longer pink; drain. Remove from heat. Stir in rice, parsley, salt, cayenne, and allspice.

In a small saucepan, bring tomato sauce and broth to a boil. Stir in vinegar, basil, and 3 tbsp of cheese. Stir in about ½ cup sauce into rice mixture. Place in a greased shallow 1-quart dish.

Cover and bake for 30 minutes. Sprinkle with remaining cheese. Bake, uncovered, for 5 or 10 more minutes or until peppers are tender. Serve with remaining sauce.

### Sautéed Organic Swiss Chard

*This simple recipe is from the Food Network.*

1 large bunch Swiss chard  
1 large garlic clove  
½ tbsp olive oil

Tear the leaves from the stalks and chop the leaves coarsely. In a large saucepan or kettle of boiling salted water, simmer stalks until tender, about 5 to 10 minutes, and drain in a colander. Mince garlic. In a large skillet heat oil over moderate heat until hot but not smoking. Cook garlic, stirring, 30 seconds. Add leaves in batches, tossing to coat with oil and stirring after each addition, and cook until leaves are wilted. Add stalks and cook, stirring occasionally, until heated through. Season with salt and pepper.

### News from the farm . . .

1. Next week's Monday pickup falls **on Labor Day. We will be harvesting and making baskets as usual.** If you need to make special arrangements for picking up due to the holiday, please contact us as soon as possible.
2. Several folks may be interested in getting **quantities of items for canning, freezing, or drying** so that you can enjoy local foods all winter long. Please let us know if we can pack some extra tomatoes, squash, peppers or other items for you to pickup with your weekly baskets.
3. Our egg production from the laying hens seems to have leveled off at a predictable amount this month. We hope it continues during September and into the fall. Several egg subscriber members missed their eggs earlier in the season and we are happy to make those up for you any time. Just let us know when you need an **extra dozen or half-dozen eggs** and we'll make sure to wash and package them for you. You may want to wait until the end of the basket season to have eggs on hand for holiday baking.
4. We've had some interest in a **fall and winter season mini-CSA.** Items requested include braising greens, root crops, cole crops and lettuces. We've also had some interest in a meat CSA for our organic beef and chicken. If either of these ideas interests you, please contact us to share your thoughts as we begin to develop how such programs might work.
5. Please return your baskets!