

In the basket ...

Your basket is loaded this week with ...

Swiss Chard (organic)

Your dark leafy green for this week is the rainbow "bright lights" chard. Remember that you can use it just like spinach. An easy recipe is included below.

Fall Salad Mix (organic)

There's a mixture of summer crisp, red leaf and some baby green leaf lettuces. Recent cool weather has helped germination on fall green crops and helps provide a crisp sweet flavor to the tender lettuce leaves.

Arugula (organic) – New this week!

Not only do you get chard in your basket, but the other green bundle is the spicy arugula. This peppery flavored cool season crop can be sautéed or tossed with pasta. But, our favorite is to tear a few leaves on top of your lettuce salad. Both chard and arugula are very nutritious.

Edible flower (organic) – New this week!

Find a colorful blossom to also add as a salad topping. Pull each petal off ("she loves, she loves me not" style) and throw a few on your lettuce salad to add color and fun!

Okra (organic)

There's a small bunch this week in your basket. We've included a recipe that uses a little okra with squash and tomatoes.

Summer Squash or Zucchini

There is more yellow squash than zucchini at this point, but we've tried to put some of both in your baskets.

Red Tomatoes

As you know by now, cooler night time temperatures slow the ripening and color change from green to red of the tomatoes. In fact, they will ripen better picked a little pinkish and brought inside to warmer temperatures, than remaining on the vine in the 40s and 50s. Use tomatoes in several of the recipes this week.

Swap Box - Remember that if there's something in your basket that you don't want, you can leave that item in the Swap Box and take another item in its place.

Eggplant

Use with squash and tomatoes to make a ratatouille, or add to a grilled vegetable sampler.

SALSA TIME! Hot – Hot – Hot !

Hot Peppers

Find green Jalapenos and Hot Banana peppers along with some of the small green or red Serrano peppers. Remember that a little goes a long way. Remove the ribbing and the seeds (with care) to lessen the heat. Serrano are small enough to be dried. Jalapenos can be smoked and grill roasted to make Chipolte peppers. Hot Bananas can be breaded and fried, or pickled and jarred.

Cilantro (organic) – New this week!

Find a bundle of fresh cilantro for your salsa making. It does not keep for long but adds a distinctive fresh flavor to salsa, pico de gallo, or other dishes.

Garlic (organic)

Enjoy this head of garlic in your salsa, with grilled veggies, or it will keep for you for a little while.

In the Regular and Robust baskets:

Radishes (organic) – This first fall harvest of Easter Egg radishes can be enjoyed sliced on that yummy lettuce salad. Or slice thinly and add to your favorite sandwich for a crunchy surprise

Recipes to enjoy ...

Our thanks to Taylor Snedegar of Café Jennifer at the Woodlands for the first two recipes. The Lexington restaurant is a big supporter of local products and uses fresh produce when in season.

Sausage and Swiss Chard over Pasta

1 lb Italian style sausage or kielbasa (try Elmwood's beef sausage)
¾ lb Swiss chard, stems removed and set aside
2 T olive oil
½ tsp salt
2 cloves garlic, finely chopped
¼ tsp red pepper flakes
½ C water
grated cheese

Grill or sauté sausage over medium heat or coals until completely cooked. Let rest and cut into ½ inch pieces. Cut stems of Swiss chard into ¼ inch pieces; coarsely chop leaves. Saute chard ribs in oil with salt over medium heat for 3 minutes. Add garlic and cook, stirring, 1 minute. Add leaves, pepper flakes, water and bring to boil. Reduce heat, partially cover, and simmer about 5 minutes until stems are tender. Remove lid and stir in sausage. Toss with cooked penne pasta. Grate cheese over top. Serves 4.

Squash, Okra, and Tomato Succotash

1 medium onion, chopped
1 clove garlic, chopped
sliced okra, any amount up to 2 C
1 medium yellow squash, roughly chopped
1 medium zucchini, roughly chopped
1 large or 2 medium tomatoes (1 ½ C chopped)
1 tsp dried oregano
½ C fresh basil
salt and pepper to taste

Saute onion and garlic in olive oil over medium heat for about 5 minutes. Add okra and cook about 10 minutes. Add squash, zucchini, tomatoes, and herbs. Simmer uncovered approximately 20 minutes. Salt and pepper to taste.

Tuscan Style Grilled Vegetables *shared by CSA member, Kim M, of Georgetown.*

1 part balsamic vinegar to 4 parts virgin olive oil
salt and pepper to taste
one or two sprigs of rosemary, chopped or bruised in a mortar and pestle

Combine all ingredients to form a marinade. Slice zucchini, eggplant and/or squash lengthwise in 1/2

inch strips, add bite size pieces of cauliflower, broccoli, green beans, red, green or yellow peppers sliced lengthwise, onion, or tomatoes in any combination. Coat veggies with marinade and let sit in fridge for an hour or so. Grill on medium heat in batches and serve at room temperature.

News to Use . . .

How to keep your greens fresh is good information to know. Some tips shared by CSA members, Barbara C. of Georgetown, and Deb W. of Lexington include the following:

1. Know that whole heads tend to stay fresher than loose-leaf or bagged greens.
2. Always wash greens once you get them home under cold running water. Discard any damaged leaves. Dry the leaves with a salad spinner, or lay out and pat dry with paper towels.
3. Store in your refrigerator, either in a plastic bag with a paper towel inside to absorb any moisture, or in a perforated bag that allows air and moisture to circulate.

If greens are wilted and need crisping . . . use warm water to refresh and chill to get them crisp again. Like fresh flowers, re-cut the stem to allow water to be absorbed into the leaf.

1. Fill sink with warm water, not above 110 degrees, if it feels warm to your wrist, it is warm enough.
2. Submerge lettuces, herbs, or other tender greens and soak for 5 to 10 minutes.
3. Carefully dry the greens, preferably using a salad spinner. Gently shake the greens to remove excess water before spinning. Don't overload or spin too quickly as greens may bruise.
4. Cover with a damp towel, chill for at least 20 minutes and you once again will have crisp, vibrant leaves!