



Newsletter

August 30, 2007

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Wanna contribute something?
contact newsletter@sunnysidecsa.com

Produce list

[Note: This is the most up-to-date list, but we may not get all of these items at our pickup]

Beets 1 bunch

Arugula 1/2 lb bag Be sure to wash!

Red Tomatoes 8 pieces

Cucumbers 2 pieces

Cherry Tomatoes 1 pint

Eggplant 2 pieces

Green Bell Peppers 3 pieces

Green Beans 1/2 lb bag

FRUIT SHARE

Peaches 1 bag

"Banana" Apples 1 bag

More info on the share and recipes are available at:
<http://goldenearthworm.com/newsletter.htm>

CSA News

Home grown tomatoes, home grown tomatoes
What would life be like without homegrown tomatoes
Only two things that money can't buy
That's true love and home grown tomatoes.
- John Denver, 'Home Grown Tomatoes'

Okay, so they're from the farm, not your home. Enjoy them anyway!

Also, save the date: the next farm trip will be Sunday, October 21. Details to follow!

Dobar tek,

Sarah

This week's recipe

Nectarine Cobbler

(from the *Magnolia Bakery Cookbook*, via Eva)

Filling:

4 cups sliced nectarines (or use peaches)

1/2 cup cold water

1/3 cup unpacked light brown sugar

1 tablespoon cornstarch

1 tablespoon unsalted butter

Topping:

1 cup all-purpose flour

1/2 cup sugar

1 1/2 teaspoons baking powder

1/2 cup milk

4 tablespoons (1/2 stick) unsalted butter, softened

Garnish:

Cinnamon sugar

Preheat oven to 350 degrees.

For topping: In a medium-size bowl, stir together the flour, sugar, and baking powder. Add milk and butter and beat until smooth.

For filling: In a large saucepan, combine all ingredients. Cook and stir over medium heat until mixture is thickened and bubbly, about 5--10 minutes.

Pour filling into an ungreased 13x9 inch glass baking dish. Spoon the topping over the filling and spread carefully and evenly with rubber spatula. Sprinkle with cinnamon sugar. Bake 30--40 minutes or until topping is lightly golden and a cake tester inserted into the center of topping comes out clean.

More recipes

GAZPACHO

1 cucumber, halved and seeded, but not peeled
2 bell peppers, cored and seeded
4 tomatoes
1 red or yellow onion
3 garlic cloves, minced
3 cups tomato juice
1/4 cup white wine vinegar
1/4 cup good olive oil
1/2 tablespoon kosher salt
1 teaspoons freshly ground black pepper

Roughly chop the cucumbers, bell peppers, tomatoes, and onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not overprocess! After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill before serving. The longer gazpacho sits, the more the flavors develop.

ROASTED EGGPLANT AND TOMATO SOUP

3 lbs plum tomatoes (about 12), cored and halved lengthwise
1/2 lb carrots, cut into 3/4-inch pieces
10 garlic cloves
4 Tbsp olive oil
Coarse salt and ground pepper
1 1/2 lbs of eggplant, cut into 3/4-inch chunks
1 can (15.5 oz) chickpeas (garbanzo beans), drained and rinsed
2 teaspoons curry powder
1/2 cup chopped fresh cilantro, for serving

Preheat oven to 425°F, with racks on top and bottom. On a rimmed baking sheet, toss together tomatoes, carrots, garlic, 2 Tbsp oil, 1 tsp salt, and 1/4 tsp pepper. Spread in a single layer, with the tomatoes cut sides down.

On another rimmed baking sheet, toss together eggplant, chickpeas, curry powder, remaining 2 Tbsp oil, 1 tsp salt, 1/4 tsp pepper. Spread in a single layer. Place both sheets in oven (tomato mixture on the top rack). Roast until tender, tossing mixtures halfway through, about 45 minutes.

Using tongs, peel off and discard the tomato skins. Purée tomato mixture (including juices) in a blender or food processor until smooth. Transfer to a large pot. Stir in eggplant mixture; thin with 3 to 4 cups water. Bring to a simmer over medium heat. Season with salt and pepper. Serve, sprinkled with cilantro; garnish with toasted bread if desired.

GREEN BEANS WITH GINGER BUTTER

2 lb haricots verts or other green beans, trimmed
1 (3-inch-long) piece fresh ginger
3 tablespoons unsalted butter
Finely grated zest from 1/2 lemon
1/2 teaspoon salt

Cook beans in an 8-quart pot of boiling salted water, uncovered, until just tender, 5 to 9 minutes (depending on thickness). Drain beans in a colander and transfer to a large bowl of ice and cold water to stop cooking. Drain beans again and pat dry.

Peel ginger and halve crosswise, then thinly slice lengthwise and cut into very thin matchsticks.

Heat butter in a 12-inch nonstick skillet over moderate heat until foam subsides, then cook ginger, stirring, until golden, about 3 minutes.

Add beans and cook, stirring, until just heated through, about 2 minutes. Remove from heat and add zest and salt, tossing to combine.

Cooks' note: Beans can be boiled, but not cooked with ginger butter, 1 day ahead and chilled, wrapped in paper towels in a sealed plastic bag. Makes 8 to 10 servings.