



Newsletter

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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]

Red or Yellow Potatoes 2 lb

Wash gently, but be careful not to damage the skins. Boil in salted water until just tender.

Swiss Chard Qty: 1 bunch

Cherry Tomatoes or Red Tomatoes

This is the beginning of our tomato crop, so everyone is getting a first taste!

Qty: 1 pint or 2 tomatoes

Green Peppers Qty: 3 pieces

Eggplant Qty: 1 piece

Onions Qty: 2 pieces

Yellow or Green Zucchini Qty: 3 pieces

Baby Romaine Lettuce Qty: 2 pieces

Baby Red Leaf Lettuce Qty: 2 pieces

FRUIT SHARE

Blueberries

Qty: 1 pint

UFO Peaches

Important Note! Peaches should be removed from the plastic bag and allowed to ripen in a paper bag, or out in the open air. Qty: 1 bag

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

CSA News

Fellow members –

Some of us may be at the point where the more long-lasting vegetables (carrots, potatoes, zucchini) are starting to pile up in the fridge. The recipes on the back are for you.

Peaches, too, are wonderful, but sometimes you just can't eat another fresh one. Try using the cobbler recipe, given in one of the earlier newsletters, but substitute your peaches for the blueberries. And did you know it's easy to peel peaches if you put them in boiling water for a couple of minutes? Their skins come right off.

Guten appetit,

Sarah

This week's recipe

French Swiss Chard

1 bunch Swiss chard
3 tablespoons butter
1 tablespoon olive oil
1 tablespoons chopped fresh rosemary
1/3 cup raisins or golden raisins
2 tablespoons pine nuts
salt and freshly-ground black pepper, to taste

Remove the chard stems and the thick central vein from each leaf. Chop the leaves very coarsely. Using a large, heavy-bottomed frying pan over medium high heat, melt the butter with the oil until sizzling. Add the chard and the rosemary, stirring well to coat the chard with the butter mixture. Cook, stirring constantly, for another minute until the chard has wilted to about half its original volume. Add raisins and pine nuts, stirring to combine evenly, and continue cooking until any moisture has evaporated. The entire cooking process should take no more than about 3 minutes. Season with salt and pepper and serve immediately.

Potato recipes

Dilled Potato and Dutch Cheese Soup

6 medium-large potatoes, peeled and diced
1 large onion, chopped
2 cloves garlic, minced
2 bay leaves
2 tablespoons butter
Vegetable stock
1 cup milk
1½ cups grated Edam or Gouda cheese
2 tablespoons unbleached white flour
2 tablespoons dry white wine
3 tablespoons minced fresh dill
½ teaspoon dry mustard
Salt and pepper to taste

Put potatoes, onion, garlic, bay leaves, and butter in a soup pot and add just enough stock or water to cover. Bring to a boil, then simmer, covered, over moderate heat until potatoes are done (about 15 to 20 minutes).

Use a slotted spoon to remove 1 cup of the potatoes. Mash well and return to pot. Stir in milk, then the cheese, a little at a time. Dissolve the flour in just enough water to make a smooth, flowing paste, and whisk it into the soup.

Add the remaining ingredients and simmer, covered, over very low heat for 10-15 minutes. Remove from heat and let stand for about 30 minutes before serving. Freezes very well.

Potato and Zucchini Skillet Pie

2 large potatoes, peeled and grated
1 medium zucchini, grated
1 small onion, grated
3 eggs, lightly beaten
¼ matzo meal or bread crumbs
Salt and pepper to taste
Oil for frying

Combine grated vegetables in a bowl. Pour in the lightly beaten eggs, bread crumbs, and salt and pepper. Mix thoroughly.

Heat enough oil to coat the bottom of a 9- or 10-inch non-stick skillet. Pour in half the mixture. When it seems as though it is solid on the bottom, slide onto a plate, and then invert into skillet to finish the other side. Repeat with remaining mixture.

Carrot recipe

Carrot Bisque

3 lbs carrots, peeled and diced
1 large onion, chopped
2 tbsps peanut oil (or veg. oil)
2 cloves garlic, minced
1 tbsp curry powder
½ tsp salt
Pepper to taste
3 cups vegetable broth
1 (13 oz.) can coconut milk
1 tbsp maple syrup

In a stockpot over low/medium heat, cook the carrots and onions in the oil for 7-10 minutes; cover, and stir occasionally. When onions are brown, add the garlic, curry, salt and pepper; sauté for 1 more minute. Add the 3 cups of broth, cover, and bring to a boil. Lower the heat and simmer for 10-12 minutes, or until carrots are tender.

Add the coconut milk and bring to a low boil. Turn the heat off. Transfer half the mixture to a food processor and puree and then return to pot. Add the maple syrup and stir. Serve hot. Also freezes well.

Attributions:

Carrot bisque is adapted from '*Vegan with a Vengeance*,' by Isa Chandra Moskowitz, 2005.

Both potato recipes are adapted from '*Vegetariana*,' by Nava Atlas, 1993.