

Message Center



Save That Box!

Please return empty—flattened carefully, please—boxes to your pickup location or transfer your share(s) into another container upon pickup. We need to re-use all boxes.

Come & Get It!

Mondays:

Grass Valley: 100 Cornish Court
5-9 p.m.

San Juan Ridge: 15203 Tyler Foote Road
5 pm till late

Thursdays:

Nevada City: 575 E. Broad Street
5-9 p.m.

Truckee-Downtown: The Pourhouse
5:30 – 9 p.m.

Truckee-Glenshire: 15389 Crown Circle
5:30 – 8 p.m.

Free Choice!

Certain items are distributed as “Free Choice” almost every week to give Vegetable share members more variety. Feel free to help yourself to as much as your family will use. See the white board for this week’s items in the Free Choice area.

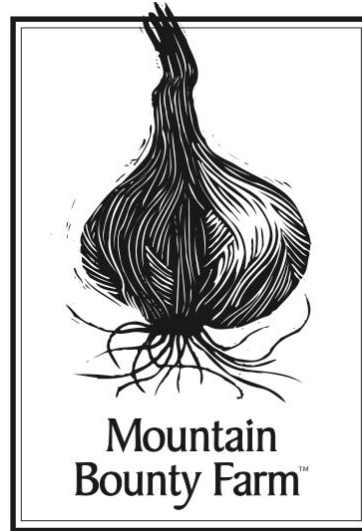
How are we doing?

Questions, Comments? Call or write to one of the addresses below.



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FARM NEWS

July 21 - 24, 2008

Around the Farm

The fall plantings happened and now we're once again scrambling around to keep up with the weeds and keep our crops alive and thriving. Many of our summer crops are beginning to bear and we've been really enjoying all the new flavors. The eggplants and cucumbers are welcome new additions to our harvests and you will be seeing them in your boxes soon, if not this week. We've also started harvesting our green beans which is always a very time consuming crop to harvest but well worth the work. We mainly grow bush varieties of green beans which don't require trellising like their cousins the pole bean. We love the tenderness of pole beans though so this year we're trialing a few varieties to see if it's practical to grow them on this scale. For the home garden, pole beans are a must.

The eggplant is a fairly underappreciated vegetable in our culture but is the basis of many Asian and Mediterranean dishes. Eggplants have an affinity for strong flavors like garlic, anchovies, olives, roasted peppers, basil, tomatoes and fish sauce. Much of the general dislike for eggplant stems from the fact that many folks don't know how to properly prepare it. It's incredible cut into slabs and grilled or roasted in the oven. I recommend you roast or grill the eggplant before adding it to a sauté since it acts like a sponge and can become too oily when frying it directly. To roast it in the oven, Cut in half lengthwise and cut the halves into generous wedges. Salt the wedges and let them stand for a few minutes while the oven is preheating to 400 degrees. Oil a baking sheet and lay the wedges flat on the pan. Oil the exposed side of the eggplant and bake for 20-30 minutes. The eggplant is done when the wedges are soft all over and the undersides are brown. This is now ready to be added to a sauté or just dressed with a vinaigrette.

Enjoy the pleasures of cooking new things



Cooking the Harvest

Zucchini Fritters from *Chez Panisse*

Vegetables by Alice Waters

Serves 4

1 pound zucchini or other soft-skinned summer squash
Salt and pepper
1 clove of garlic
1 small bunch of chives (can substitute 1 shallot)
Zest of 2-4 lemons
1 Tablespoon potato starch (can substitute 2 Tbs flour)
1 egg
2 Tablespoons olive oil

Grate the squash and salt it. Let it stand for 30 minutes in a colander. Squeeze the squash dry with your hands. Peel and chop the garlic fine and chop fine 1 Tablespoon of the chives or shallot and grate the zest from the lemons. In a large bowl, combine the squash with the garlic, chives, lemon zest, the flour or potato starch and the egg, lightly beaten. Heat the olive oil in a nonstick sauté pan over medium heat. For each fritter, pour a generous tablespoonful of the batter into the pan. They will look like a little pancake. Turn them over after about 3 minutes, or when golden. Cook 2 more minutes or so on the other side. Drain on paper towels.



Fresh salsa to top the fritters:

Chop up tomatoes fine, add basil, parsley and or cilantro, also finely chopped. If you have any roasted red peppers frozen from last year, add those too. Add garlic, onion and salt to taste. For added flavor, chop these things all up together on the cutting board, which mixes their flavors thoroughly.

Pesto from *Chez Panisse Vegetables*

Purists agree that the very best way to make pesto is to pound it by hand in a mortar. If you have the time and tools to do so, you will be rewarded with the pleasure of the process and the authentic taste of the resulting crude paste. However, it is impractical to make large quantities by hand so we compromise by using a food processor to puree the basil leaves minimally, and add them to garlic and nuts that are ground in the mortar.

2 or 3 cloves of garlic
¼ cup pine nuts (or walnuts)
2 cups basil leaves
½ cup extra-virgin olive oil
½ cup grated Reggiano Parmesan cheese
Salt and pepper

Peel and slice the garlic. Pound it with the nuts in a mortar to make a paste. Add the basil leaves by small handfuls, continuing to pound and grind in the mortar. Add oil as needed with the leaves as you work the paste. When all the leaves are ground to a somewhat smooth consistency, stir in the remaining oil and the cheese, and season to taste. The pesto is best used the same day but will keep in the refrigerator for a few days with a thin layer of olive oil on top, tightly covered.

Another way to make a quick pesto when you have a quantity of fresh leaves is to roughly puree the leaves and nuts in a blender or food processor with enough oil to facilitate the process. Then stir in the cheese, more oil and season to taste. Before using, add fresh garlic, pounded in the mortar.

Asian style Eggplant and Green Beans with fresh Basil

from the Mountain Bounty Farm Kitchen

2 fresh eggplants, cut in half and cut crosswise in ½ inch chunks
2 large handfuls of green beans cut in half
2 cloves of garlic
A handful of fresh basil, chopped coarsely
Mirin
Tamari or soy sauce
Honey or Agave Nectar
1 green chili
High heat cooking oil such as coconut or peanut

Heat the oil in a wok over medium high heat. Add the eggplant and cook for a few minutes, stirring frequently to avoid burning. Add a large splash of Mirin and cook over med-high heat for 5 more minutes or so. Add the green beans and cook for a few more minutes. Add the green chili and garlic, ¼ cup of tamari and the sweetener. Cook for a few more minutes until the eggplant and beans are well cooked and the flavors are well combined.



Add the fresh basil at the end. Add more seasoning if needed.

Serve over rice.

