



# This Week's Word From the Farm

7/26/10

## What's In Your Box ?

- **Patty Pan Squash** - Try these sautéed with garlic or shallots or stuffed and baked!
- **Eggplant** - as available
- **Green Beans** - as available
- **Collard Greens / Red Bor Kale**
- **Basil**
- **Zucchini**
- **Radicchio**
- **Curly Endive** - Like radicchio, this tangy green may be used raw or wilted in a salad with a warm dressing. It can also be sautéed for a more mild flavor.
- **Broccoli**
- **Garlic**
- **Onions**
- **Strawberries** - as available

## Dear Friends,

Here it is, the last week of July, and we are entering into the steady heat of high summer. Up in the trees, the electric sound of cicadas has replaced bird song, and while I sweat, I replay in my mind old films about the rural South, sweltering and humid. Many of you are taking long awaited vacations and spending time at the river. Here on the farm, we're looking at beautiful eggplant and peppers which will soon be in your boxes and, of course, ripening tomatoes. The summer squash have just hit their stride, and we'll be encouraging you to take more, then more again. Soon enough, as accompaniment to those cicadas, we'll give you okra and a recipe for Gumbo.

Taking refuge from the heat, it would be easy to relax, let the weeds take over, and enjoy a sweet watermelon looking out at the farm from the shade of a tree. That, I'm afraid, is just for dreamers...even though the change in our fields that's about to take place is not nearly as dramatic as that of winter to summer, the change from summer to fall has its own drama. You'd think it would be time to settle into steady picking and just enjoy the abundance of high summer. Instead, the behind the scene activity here at the farm has shifted to planting lettuce, broccoli, cabbage, kohlrabi, Brussels sprouts, cauliflower and other fall and early winter crops. We've planted the first of several large blocks of carrots and beets, more salad turnips, and another planting of basil to carry those crops through late summer.

Whatever our daydreams may be while dangling our legs in the river, before you know it, the County Fair will be over, our children will be back in school, the river will turn cold again, and we'll bring that extra blanket out of the closet as the nights get cooler. Then, lo, just when you were thinking of warm stews and soups, the miraculous will happen. There'll be no more tomatoes, but plenty of potatoes. Enjoy each thing while it lasts.

## Recipes of the Week

### Stuffed Pattypan Squash

- 4 medium Pattypan Squash
- 2 tablespoons Butter
- 1 tablespoon Olive Oil
- 1 clove minced Garlic
- ½ cup chopped Onion
- 1 teaspoon oregano

- 2 tablespoons fresh basil, chopped
- 1 cup bread crumbs
- Salt and Pepper to taste
- 1 dash Cayenne Pepper (optional)
- 1 large Egg, lightly beaten
- 1/4 cup grated Parmesan or Swiss Cheese

Preheat oven to 375 degrees. Fill a large pot 3/4 full of water and bring to a boil. Place squash in boiling water and boil for 5 minutes. Drain the water and allow squash to cool. Cut a thin slice from the bottom of each squash so that they will stand on their own. Cut about 1/2 inch from the tops of each squash and remove the insides with a small spoon or melon baller to hollow the squash. Chop the squash insides and set aside. Melt butter and oil in a skillet over medium heat. Add garlic and onion - sauté until soft. Move mixture to a bowl and allow to partially cool. Season with salt, pepper, and optional cayenne pepper to taste. Stir in the egg, the bread crumbs and 1/2 cup of the cheese. Mix well. Add the squash insides. Spoon the mixture into the squash shells. Place the stuffed squash in a single layer in a baking dish. Sprinkle the remaining cheese on top. Pour hot water into the pan to fill about 1/2 inch. Bake for approximately 30 minutes or the squash is tender and the filling is no longer runny.

**Balsamic Roasted Radicchio** – Radicchio is also good when grilled on a barbecue or in a stovetop grill pan. Oil the grill or grill pan and cook until wilted and slightly charred, turning occasionally, about 5 minutes.

- 2 large heads of radicchio (about 1 pound total), halved through core end, each half cut into 3 wedges with some core still attached
- 3 tablespoons olive oil
- 1 tablespoon chopped fresh thyme
- Balsamic vinegar (for drizzling)

Preheat oven to 450°F. Rinse radicchio wedges in cold water; gently shake off excess water (do not dry completely). Place radicchio in large bowl. Drizzle with olive oil and sprinkle with thyme, salt, and pepper; toss to coat. Arrange radicchio wedges, 1 cut side up, on rimmed baking sheet. Roast until wilted, about 12 minutes. Turn over and roast until tender, about 8 minutes longer. Arrange radicchio on platter, drizzle with balsamic vinegar, and serve.

## **Collard Green Sauté**

Wash one bunch of collard leaves, cut out stems and discard. Stack the leaves and roll them up tightly, then slice thinly so you have a chiffonade of greens. Cut up and fry some bacon, remove and keep the fat. Add 1/2 onion and 1 tsp. sugar, 1/2 tsp. salt, 1/4 tsp. pepper, some pepper flakes and some minced garlic. When onion is transparent, add collards and stir often for 10 minutes, add 1/2 cup chicken stock and the cooked bacon and simmer on low till greens are tender.