



This Week's Word From the Farm

Week of 8/25/08

What's In Your Box?

- Potatoes – Yellow Finn
- Tomatoes
- Turnips
- Pears
- Eggplant
- Summer Squash
- Carrots
- Cucumbers
- Kale
- Garlic
- Shallots
- Basil

Dear Friends,

Eat, Eat, Eat and Enjoy! In case you are now over-loaded with pears, we have included a yummy pear crisp recipe. There is nothing more like summer than vine-ripened tomatoes...sliced, sprinkled with salt, pepper, balsamic vinegar and olive oil, some shredded basil leaves and served with fresh mozzarella cheese. Let us know if you have any favorite ways of using summer produce and we will share your recipes with our other members. We are always open to suggestions!

Recipes of the Week:

Grilled Eggplant This recipe has become a favorite, easy and delicious dinner feature for us this summer.

- 3 – 4 eggplant
- 1 tbs. sugar
- 3 tbs. white vinegar
- 2 tbs. olive oil
- 1 tbs. red pepper sauce (like Cholula)

Mix all ingredients in a large shallow bowl for marinade. Cut the eggplant into slices approx. 1/2" thick. Add the slices to the bowl and coat in marinade. Let sit for 1 hour. Place eggplant on a hot grill, sprinkle with salt. Turn when cooked side becomes soft. When both sides are grilled and soft, return to the marinade and serve.

Pear Crisp | add ½ cup dried cranberries and ¼ cup candied ginger to the pears for a zesty variation on this old favorite

- 5 or 6 Bartlett pears
- 1 teasp. cinnamon
- ¼ teasp. Nutmeg
- 1 teasp. Lemon juice
- ½ cup water
- 1 cup sugar
- ¾ cup flour
- ½ cup butter

Preheat the oven to 350 degrees. Peel and slice the pears into a greased casserole, sprinkle with the spices and add the lemon juice and water. Mix the sugar and flour, and work in the butter to make a crumbly mixture. Spread this over the fruit and bake, uncovered for about 1 hour, or until the fruit is tender and crumbly crust is lightly browned. Serve warm... great ala mode!

Fritata with Potatoes and Zucchini

- 1 teaspoon olive oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 zucchini, halved lengthwise and cut in 1/4 inch slices
- 2 cups cooked and diced potatoes
- 1 cup chopped fresh tomato
- 2 tablespoons black olives
- 4 eggs
- salt and pepper to taste
- 1/4 teaspoon dried oregano (or try some fresh basil!)
- 1 pinch cayenne pepper
- 1/2 small tomato, sliced
- 1/4 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

1. Preheat the broiler on your oven.
2. In a frying pan with an ovenproof handle heat the oil and saute onion and garlic over a low heat. Saute until vegetables are just tender but not browned. Add the zucchini and continue cooking, stirring occasionally, until crisp-tender. Add the potatoes, stir well to combine, and continue cooking, stirring frequently, until the potatoes are heated through and starting to stick to the pan.
3. Then add the tomatoes and black olives, stirring well to combine with the other ingredients, and cook just until the tomatoes have begun giving up their juice.
4. Beat the eggs with the salt, pepper, oregano, and cayenne. When all the vegetables are cooked, pour the eggs over them
5. Arrange the tomato slices over the top of the eggs, and sprinkle the mozzarella and Parmesan cheeses over the tomato slices. Cook gently over low heat until the eggs are almost set (they'll be firm around the edges and a bit runny in the middle).
6. Slip the pan under the broiler for a minute or two, until the eggs are fully set and the cheese has melted and begun to brown. Cut into wedges and serve.