

Kettle Pond Farm Summer CSA

Week 5: July 9 & 12, 2012



Veggie List:

Green Beans
Beets
Cucumber
Lemon or Sacred Basil
Lettuce Heads
Kale
Scallion
Summer Squashes

Squash Talk

How have you been using all your squash? If you've been feeding it to your family, giving it to neighbors, using it as a door stop (eek!) and it's still too much, try freezing it! Once you get the hang of it, freezing most things is easy. Here are the directions for squash..

First wash the squash and then cut off the ends and slice it into 1/2 inch pieces. Next blanch the squash in boiling water for 3 minutes. After 3 minutes, remove the squash from the boiling water and put it into an ice cold bath for 5 minutes. Drain the squash well and place in freezer bags or containers. When you would like to use the squash just fully or partially thaw it in the fridge and go!

"To see cucumbers in a dream denotes that you will speedily fall in love. Or, if you are in love, then you will marry the object of your affection."
Richard Folkard in 'Plant Lore' (1884)

Greetings: Welcome to week 5 of the Summer CSA season. This is an exciting week because we are distributing some new veggies. You will be taking home cucumbers, green beans, beets and a more exotic variety of basil than you may be used to. See below for a little more information about these items.

Lemon Basil is most often grown in Northern Africa and Southern Asia and is used primarily in cooking. In Laos it is often used in curries, stir fries and stews. And in Indonesia it is often eaten raw in salads.

Sacred or Holy Basil will awaken your senses! It is native to India and often used for its medicinal properties, which include aiding the digestive system and stress relief, among others. It is often used to make cold or warm teas and can be added to soups as well.

Beets are a close relative of spinach and chard. Nutritionally, they provide a unique source of phytonutrients called betalains, which have been found to reduce inflammation, provide antioxidants, and support detoxification. Beets can be eaten raw, steamed, or roasted.

Cucumbers are a relative of squashes and melons and are the fourth most widely cultivated vegetable in the world. They contain a unique mix of phytonutrients that provide anti-inflammatory, antioxidant, and anti-cancer benefits. Most of these nutrients are contained in the skin and seeds so don't let them go to waste!

Green Beans are another antioxidant rich treat and can be steamed, boiled, casseroleed or eaten raw! They are very closely related to navy, kidney, and black beans. All of these are all referred to as common beans whose bean ancestor came from Peru. From Peru they made their way through South and Central America by way of migrating tribes. In the 16th century they were introduced to Spanish explorers who brought them back to Europe.

Veggie News:

-This is probably the last week of summer that lettuce will be in your share. It's been very warm, and a good amount of it in the field has been bolting. As a result, this week we will be harvesting heads that are on the smaller side. Lettuce will be reappearing in your shares again once the temperatures get a bit cooler in the fall.

-We usually have a few more weeks of peas, but it looks like this planting is almost all done. We are wrestling with the idea of planting some more snow peas for the fall, so you may take home some more later on this season.

-Okra is growing in the hoop house. We've never grown it before, so we put some in this year to try it out. It's looking good, but we may never have enough for everyone, so you may see it in a "swap" basket a lot. If it is, please feel free to swap for it if you'd like. If you aren't familiar with Okra, it's because it is more common in the South where it is often fried. I tried it roasted in the toaster oven, and it was pretty tasty. If you haven't had it before, you should know that when it is cut it releases a substance that makes it feel slimy. Roasting it whole or in larger pieces can minimize this.

-The kale has not been looking its best. Flea beetles (our nemesis) have been on it creating little holes that get bigger as the leaves grow. It's still fine to eat, so enjoy!

Recipe Time!

Chicken Scaloppini A La Lemon Basil

Ingredients:

4 boneless, skinless chicken breasts
1 tablespoon butter
1 tablespoon olive oil
½ cup dry white wine
1 tablespoon lemon juice
1/2 cup light cream or half and half
1/3 cup fresh lemon basil
½ teaspoon fresh thyme leaves
2 teaspoons fresh minced parsley
Salt and pepper

Directions:

Place chicken pieces between sheets of plastic wrap and pound with a meat mallet until ¼ inch thick. Sprinkle each piece with salt and pepper. In a large skillet, heat butter and olive oil. Add chicken, cook quickly for a minute or two on each side. Remove chicken pieces to a warm platter.

Add the wine and lemon juice to the pan and cook over medium heat, stirring to blend in browned particles and juices. Boil until reduced by half. Add the cream, lemon basil, thyme, and parsley. Boil until sauce thickens slightly. Pour any juices that collected on the chicken meat platter into the skillet. Taste sauce for seasoning, adding salt and pepper if needed. Pour sauce over the sautéed chicken and garnish with lemon basil leaves and lemon slices. Serve over fluffy rice.

Serves 4

Note ---This recipe should be made in summer unless you have a supply of fresh lemon basil---it just isn't the same without it!

Medieval Salad

<http://www.innatthecrossroads.com/2011/04/17/salad-of-green-beans-onions-and-beets/>

Ingredients:

2 large beets
2 red onions
1/4lb green beans, trimmed and cleaned
2 Tablespoon olive oil
your favorite vinegar
Salt and pepper to taste

Directions:

Trim and wash beets and boil for 30 minutes, or until tender. Plunge beets into cold water, and slough off outer skin. Set aside and allow to cool completely.

Slice onions into rings and separate. Pour 1 tablespoon olive oil in a saucepan over medium heat. Add onions and cook until tender, but still vibrantly colored. Swap onions with green beans, cooking till tender.

Slice the beets into large discs, layering the beets and onions, and top with green beans. Drizzle on your choice of vinegar and olive oil, and add salt and pepper to taste.