

# Kettle Pond Farm Summer CSA

Week 8: July 30 & August 2, 2012



## Veggie List:

Arugula  
Eggplant  
Tomatoes  
White Onion  
Kale or Chard  
Basil:Thai/Lemon/Sacred  
Cucumbers  
Summer Squashes

"When baking, follow directions.  
When cooking, go by your own  
taste."

~ Laiko Bahrs

## Recipe of the Week: B.A.T.

With a little help from a special friend, this recipe has become quite a hit. It is so good you will want another!

**Ingredients:** Bacon, Arugula, Tomato, Mayonnaise, Bread\*

\*I have been making bread found at: <http://steamykitchen.com/168-no-knead-bread-revisited.html> It is easy, delicious, and great for this sandwich! Please note it takes about a day to make, so prepare it before you are ready to consume your B.A.T.

## Directions:

Cook bacon to your liking. Spread mayo on one slice of bread (or two if you desire). Add enough bacon to cover the bread, and hang off the sides a little. Next add a more than generous handful of fresh arugula. Then add tomato on top of the arugula and quickly cover the sandwich with the second piece of bread. Meld the sandwich together with a firm, yet gentle push. Your B.A.T. is now ready to enjoy!

**GREETINGS:** Hi everyone! It is week 8, and we are happy to be distributing some more greens this week. We have a brand new planting of arugula that is tender and spicy, and that the flea beetles haven't destroyed! It is a miracle, because they are everywhere this year. If you get kale this week, you will notice the trademark holes of the flea beast ::ahem:: beetle. We can not wait for them to hibernate for the rest of the season.

**EGGPLANT!** Eggplant is the newest veggie in your shares, this week, your choice of eggplant varieties may include the dark and round Black Beauty, the striped Listada di Gandia, or the Ping Tung Long variety, so delicate that it should never need peeling. And so you have an eggplant in your bag. The question is, what to do with this lovely vegetable? And what are eggplants, anyways? Here are some facts to guide you along your aubergine journey.

-Eggplants are called "eggplants" because of a common 18th century variety that resembled white and yellow eggs. Another name for eggplants, "aubergines," comes from the French word for eggplant, which in turn may be derived from a Spanish, Catalan, Arabic, or even Sanskrit word for a peach.

-Eggplants are nightshades closely related to tomatoes and potatoes. For us at Kettle Pond Farm, this means that the same kinds of pests, like nightshade-loving flea beetles (as opposed to flea beetles that feed on brassicas, like broccoli and kale), prey on eggplants as on tomatoes and potatoes.

-A common eggplant dish in America, the Italian eggplant parmesan, isn't the only option for eggplant cookery. A variety of cultures each have their own special eggplant dish, and some of these dishes include other ingredients available in this week's share!

-For instance, the French vegetable stew, ratatouille (rat-a-too-ee), is made using eggplant and summer squash, garlic, onions, and basil, as well as peppers and a variety of herbs and spices.

-The Middle Eastern dish, moussaka, can be made simply or in a more complex way. It contains eggplant cooked with tomatoes or tomato sauce and an optional addition of meat, then either combined with potatoes and sauteed or topped with a savory egg custard.

-Baba ghanoush, another Middle Eastern recipe, is made by mashing eggplant and adding seasonings of choice, which may include garlic and onions, tomatoes, and tahini. This food is often eaten as a dip or spread.

-More simply, eggplant can be grilled, or breaded and fried.

The long history of the eggplant, or aubergine, give its eater many options for preparation and presentation. Why not try something different with eggplant every week that it is available? Enjoy these varieties while they last!

Tips on Preparation from [www.whfoods.com](http://www.whfoods.com):

*"When cutting an eggplant, use a stainless steel knife as carbon steel will react with its phytonutrients and cause it to turn black. Wash the eggplant first and then cut off the ends. Most eggplants can be eaten either with or without their skin. However, the larger ones and those that are white in color generally have tough skins that may not be palatable. To remove skin, you can peel it before cutting or if you are baking it, you can scoop out the flesh once it is cooked. To tenderize the flesh's texture and reduce some of its naturally occurring bitter taste, you can sweat the eggplant by salting it. After cutting the eggplant into the desired size and shape, sprinkle it with salt and allow it to rest for about 30 minutes. This process will pull out some of its water content and make it less permeable to absorbing any oil used in cooking. Rinsing the eggplant after "sweating" will remove most of the salt."*