

Week 7  
AWeek

Volume 2, Issue 7

Phone: 920-864-7230

**TUESDAY  
SHARES**

|  |
|--|
| Leaf Lettuce   |
| Kale   |
| Green Beans  |
| Carrots w/Edible Tops                                      |
| Summer Squash: Zucchini, Yellow Crookneck, or Straightneck |
| Cucumbers OR Peas  |
| Garlic Scapes  |
| Herb: Basil and Cilantro                                   |

**HOPES FOR NEXT WEEK**

**NO GUARANTEES, BUT WE HOPE TO HAVE CUCUMBERS, SUMMER SQUASH, AND BEANS IN YOUR SHARE NEXT WEEK.**

## UPCOMING EVENTS

**Preserving the Harvest:** Saturday, August 29th from 10am-1pm. Come learn the basics of canning, freezing, and drying your harvest. \$30 suggested donation (includes lunch).

## Farmer's Field Notes

The heat is on! Things are really picking up here at the garden and now is the time for you to get familiar with using the bounty of summer to its fullest potential. For almost every week from here on out, you will see some type of summer squash, mainly zucchini, yellow straight neck, yellow crookneck, and patty pan (they look like flying saucers). Over the weekends, some of the summer squash can quickly become monsters and, while tender small summer squash is best lightly cooked or en-

joyed raw, the monsters are perfectly suited for stuffing with anything, baking, or making breads or muffins. As a share member, each of you has different eating habits and I want to be sure you are benefiting as much as possible. The more full our bounty, the more flexible I can be with your shares. Please let me know via email ([garden@bridge-between.com](mailto:garden@bridge-between.com)) if you have preferences or need help utilizing your produce. If you aren't using some things, let me know and I can try to substitute or give

you ideas on how to incorporate your produce into your routine. This week, you'll enjoy a beautiful bouquet of carrots with their edible tops. These are great greens. As usual, remember that all green tops should be removed and stored separately from their roots to prolong their freshness.

*Dagna*

P.S. Unfortunately, our Pea crop this year is not good, I will try to get everyone a small taste, but can't promise it...sorry.

## Kale Pesto Baked Zucchini

- 2 large zucchinis
- 1 large tomato, cut into cubes
- 1/4 cup bread crumbs

**Kale Pesto Ingredients:**

- 2 leaves of kale
- 1/2 c. loosely packed basil leaves
- 1/3 cup pine nuts
- 4 tablespoons extra virgin olive oil + extra for pan and drizzling on top
- pinch of sea salt
- 1 1/2 cloves of garlic
- fresh cracked black pepper

Preheat oven to 350 degrees F.

Clean and dry the zucchini and

slice lengthwise in half. With a spoon or ice cream scoop, scoop out the soft inner flesh. Oil all over and set aside (place the scooped out zucchini into a large mixing dish for later.)

For the Kale Pesto, combine all ingredients : kale, nuts, olive oil, sea salt, garlic in a food processor. Mix for a few minutes to form a pesto, being sure to stop, turn off the mixer and scrape down the edges halfway in between mixing.

In a large mixing bowl, chop the zucchini flesh into small pieces add in diced tomatoes and kale pesto and mix to combine all the ingredients . Season with salt and pepper if needed. Fill the zucchini with the mixture, sprinkle with bread crumbs and place in the oven for about 45 minutes.

*Taken From: <http://pureella.com/kale-pesto-baked-zucchini>*

Note: Don't be afraid to add kale or swiss chard to this stir-fry near the end of the cooking time! I love kale that is lightly sautéed until just wilted but still bright green...yum!

In my kitchen, I would add ginger and garlic to the stir-fry. I would also serve fresh cilantro on top for a more authentic flavor.

1 tablespoon olive oil  
 3 cups fresh green beans, ends trimmed  
 2 cups sweet bell peppers, sliced  
 2 cups zucchini, sliced thin  
 1 cup carrot, sliced thin  
 2 tablespoons honey  
 1/4 cup low-sodium soy sauce or wheat-free tamari (for gluten-free)  
 3 cups cooked white or brown rice, for serving  
 1 tablespoon sesame seeds

## Veggie Stir-Fry

Preheat a large sauté pan or wok over medium-high heat.

Add oil to preheated pan, then carefully add the beans, peppers, zucchini, and carrot.

Cook the vegetables for 4 to 7 minutes or until desired doneness. Add honey or agave and soy sauce or tamari to the pan and stir to combine. Let cook for 30 seconds to 1 minute.

Serve stir-fry with rice and garnish with sesame seeds,

*Taken from: <http://www.godairyfree.org/recipes/veggie-stir-fry>*

## Zucchini Brownies

1/2 cup light olive oil (or canola)  
 1/2 cup dark chocolate chips  
 2 Tbsp unsweetened cocoa powder  
 1 cup granulated sugar  
 1 egg + 1 egg yolk  
 1 teaspoon vanilla  
 1 cup grated, rung out zucchini  
 1/4 teaspoon baking soda  
 1/2 teaspoon salt  
 1 cup all purpose flour

for the glaze--  
 1/4 cup butter  
 2 Tbsp unsweetened cocoa powder  
 1/4 cup dark chocolate chips  
 2 tablespoons milk  
 1/2 teaspoon vanilla  
 1 1/2 cups powdered sugar

Preheat oven to 350 degrees. Line 9 1/2"x13" baking pan with parchment paper, lightly spray with nonstick cooking spray and set aside.

In medium saucepan, melt oil, chocolate chips, and cocoa together over medium low heat. Remove from heat and stir in sugar, eggs, vanilla and zucchini. Stir in dry ingredients, then pour into prepared pan. Spread out evenly and bake 15-20 minutes or until toothpick comes out clean when inserted in the middle. {A few moist crumbs is fine.}

While brownies are baking, melt butter, cocoa powder, chocolate chips and milk together and simmer gently 1 minute. Remove from heat, then whisk in vanilla and powdered sugar.

Once brownies are pulled from the oven, pour hot frosting over bars immediately. Spread to smooth, if needed. Cool 5-10 minutes before cutting into pieces and serving..

*Taken From: <http://www.laurenslatest.com/the-best-zucchini-brownies/>*

## Roasted Carrots with Carrot Top Pesto

I freeze any kind of pesto in ice cube trays and then transfer to a freezer bag. The pesto cubes are perfect for adding a punch of flavor to grilled veggies or meat, potatoes, pasta or anything else your little heart desires!

In this recipe, I would add a touch of lemon juice.

3 pounds small carrots with tops  
 2 tablespoons vegetable oil  
 Kosher salt  
 freshly ground pepper  
 1 garlic clove  
 3 tablespoons or pine nuts, macadamia nuts, or walnuts  
 1/2 cup (packed) fresh basil leaves  
 1/4 cup finely grated Parmesan  
 1/2 cup extra-virgin olive oil

Preheat oven to 400°. Trim carrot tops, leaving some stem attached. Measure out 2 cups carrot tops and set aside; reserve any remaining carrot tops for another use.

Toss carrots and vegetable oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until carrots are golden brown and tender, 25-35 minutes. Let cool.

Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, Parmesan, and reserved carrot tops; process until a coarse puree forms. Add olive oil and pulse until combined; season with salt and pepper. Serve carrots with pesto.

*Adapted From: <http://www.bonappetit.com/recipe/roasted-carrots-with-carrot-top-pesto>*