

Week 9  
A Week

Volume 2, Issue 9

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## TUESDAY SHARES

Kale

Cucumbers

Malabar Spinach

Green Beans and Wax Beans

Summer Squash: Zucchini, Yellow  
Crookneck, Straightneck and/or  
Patty Pan (saucer shape)

### A little bit of this!

We have some veggies that are just starting or ending and we didn't have enough to go around, so I may have tucked it in your bag.

### Fresh Onions

They won't keep unless you continue drying them until the tops turn brown, but you can cut the tops off and use fresh in the next several days.

Herb: Dill and Parsley

### HOPES FOR NEXT WEEK

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

## 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

Still waiting on the tomatoes. The cucumbers are really coming now, though! Summer squash is still coming too fast, so really get comfortable incorporating it into your everyday cooking style. You can really do anything with the stuff. You can stuff it, add it to tacos or quesadillas, make a lasagna, or even make chips out of it. One great reason to be part of a CSA is it forces you to think of meals in a different way. Sure, you can go to the store and get nearly any ingredient (even if it is not in season and is tasteless), but your share helps you make the

most with what you've got! Please learn new ways with food each week to gain a better understanding of what fresh and local truly means. While most of your bag includes the recognizable, I think it is my job to get you to try a few new things. This week, take the opportunity to try something you probably have never even heard of. Malabar spinach (Basella alba or rubra) is actually not spinach at all. It's barely even related! When it's raw Malabar spinach has very fleshy, thick leaves that are juicy and crisp with tastes of citrus and pepper (it

reminds me of Swiss Chard). When cooked, though, Malabar spinach does look and taste a lot more like regular spinach. It doesn't wilt as fast, though, and it holds up better in soups and stir-fries. It's a popular green in Asian, Indian, and even African cuisine – although in Africa they tend to eat the tender vining shoots more than the leaves themselves. Be brave. Try new things. Live a little. On second thought, live a lot!

*Dayna*

## Indonesian Style Malabar Spinach

4 cups Malabar spinach leaves  
3 tablespoons peanut oil  
3 garlic cloves, finely chopped  
½-inch piece galangal root or fresh ginger root, peeled and finely chopped  
1 red chile pepper, seeded and slivered lengthwise  
1¾ cups cream of coconut (not coconut milk)  
¼ cup fresh lime juice  
¼ teaspoon salt  
1 scallion sliced into thin rings, including green tops  
2-4 fresh kaffir lime leaves, or 2 dried leaves pulverized in a spice mill (can find at Asian or Indian Grocery stores)

Gently sauté the galangal, garlic, and chile in the oil for a few minutes, then stir in the greens and cook until they are wilted through. Drain off excess liquid. Combine the remaining ingredients in a medium-size, heavy-bottomed saucepan and heat to a bare simmer, stirring constantly. Do not let it boil. Add the cooked greens and mix. Serve warm.

Taken From: [http://www.bbg.org/gardening/article/red-stemmed\\_malabar\\_spinach](http://www.bbg.org/gardening/article/red-stemmed_malabar_spinach)

## Lemony Cucumber Couscous Salad

1½ to 2 cups Israeli couscous  
 2 medium cucumbers  
 ¼ bunch parsley  
 1 medium lemon  
 2 Tbsp olive oil  
 ¼ tsp garlic powder  
 ¼ tsp salt  
 freshly cracked pepper to taste  
 3 oz. crumbled feta cheese

Bring a medium pot of water to a rolling boil. Add the couscous and let boil for 5-7 minutes, or until the couscous is tender. Drain couscous and rinse briefly with cool water to cool off the couscous, allow to drain while you prepare the rest of the salad. Cut the cucumber into

quarter rounds and place them in a large bowl. Roughly chop the parsley and then add it to the bowl with the cucumber. Use a fine holed cheese grater or a zester to remove the thin layer of yellow zest from the lemon and add it the bowl with the other ingredients.

Cut the lemon in half and squeeze the juice into a small bowl (you should get 2-3 tablespoons of juice). Add the olive oil, garlic powder, salt, and some pepper. Stir and then pour the dressing over the cucumber, parsley, and lemon zest.

Add the couscous and crumbled feta to the bowl. Gently stir to combine all of the ingredients. Taste and salt and pepper as needed. Serve immediately or chill until ready to eat.

Notes: If you are substituting regular couscous for Israeli couscous, be aware that the cooking instructions are different.

*Taken from: <http://www.budgetbytes.com/2013/06/lemony-cucumber-couscous-salad/>*

## Hungarian Style Summer Squash

3 medium summer squash  
 1/2 teaspoon salt  
 2 tablespoons butter  
 1/2 medium onion, chopped  
 (about 1/2 cup)  
 1 tablespoon flour  
 2 tablespoons half-and-half  
 2 tablespoons white wine vinegar  
 2 tablespoons sour cream  
 1 tablespoon fresh dill, finely  
 chopped  
 Salt and fresh black pepper to taste

Coarsely grate the zucchini using the largest holes on a box grater. Place in a colander, sprinkle with salt, toss and set aside to drain.

Melt butter in a large pan over medium-high heat. Add the onion and sauté for about 2 minutes until soft and translucent. Add the flour and toss to coat thoroughly. Continue cooking until the flour begins to turn golden brown.

Stir in the half-and-half and cook until it begins to thicken and form a paste. Add the squash and continue cooking, stirring constantly for about 5 to 7 minutes. Stir in the vinegar and sour cream, taste, and add the salt and pepper to taste. Stir in the dill and transfer to a serving dish.

*Adapted From: <http://www.mygourmetconnection.com/recipes/vegetables/hungarian-style-summer-squash-dill.php>*

## Spicy Parmesan Green Beans and Kale

3 tablespoons olive oil  
 1 onion, sliced  
 1/4 lb cremini mushrooms,  
 trimmed and quartered  
 1 1/2 pounds green beans,  
 trimmed into 1-inch pieces  
 2 teaspoons salt  
 1/2 teaspoon fresh ground pepper  
 1/4 cup white wine  
 1/2 teaspoon red pepper flakes  
 1 bunch kale (1/2 pound), rinsed,  
 stemmed, and roughly chopped  
 2 tablespoons lemon juice (about  
 1/2 a lemon)  
 3 Tbsp finely grated Parmesan

Warm the olive oil in a large, heavy saute pan over medium-high heat. Add the onions and cook until translucent, about 4 minutes. Add the mushrooms, green beans, salt, and pepper and cook for 2 minutes. Add the wine and continue cooking until the green beans are almost tender, about 5 minutes. Add the red pepper flakes and the kale and continue cooking until the kale has wilted, about 4 to 5 minutes. Add the lemon juice and the Parmesan cheese. Toss to coat and serve immediately.

*Taken From: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/spicy-parmesan-green-beans-and-kale-recipe.html?soc=sharingpinterest&oc=linkback>*