

## Small CSA Contents:

- 1 4 oz package goat chevre cheese
- 1 watermelon or 1 pint blackberry
- 6 ears super sweet corn
- 1 pint heirloom cherry tomatoes
- 2 ct zucchini (different colors)
- 2 ct yellow squash
- Approx 1.5 lb red slicing tomatoes
- Quarter lb basil
- 2 green bell peppers
- 1 large black opal eggplant
- 1 large candy onion

## Vegan Substitutes:

- 1 bunch beets
- 3 # Yukon gold potatoes

## Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 bunch green onions
- Approx 1.5 lbs nectarines
- 1 lb tomato basil linguini
- 8 oz jar of roasted cherry tomatoes

## Zucchini/Squash Recipes

One of your fellow customers shared a link with me to a blog called "Almost Turkish Recipes," which feature several very interesting zucchini recipes. You can check out the site for yourself at <http://www.almostturkish.blogspot.com>.

The photos, recipes, and ideas on this site are so good that I really need to share them with you here. I feel lazy because it makes for an easy newsletter but the recipes are just that nice. Below are a few recipes from the site that are quite applicable to this week's bag:

### Baked Zucchini Mousakka

Ingredients:  
 2 lb zucchini or squash, cut in 1/3 inch rounds  
 ½ lb ground beef  
 2 medium onions, finely chopped  
 2 banana peppers or 1 bell peppers, chopped  
 2 tomatoes sliced into rounds  
 2 tomatoes diced  
 2 tablespoons tomato paste  
 3 tablespoons olive oil  
 ½ cup fresh dill, chopped (omit or sub basil)  
 Salt and pepper, red pepper flakes (optional)

Bake zucchini rounds in a preheated oven at 400 degrees for 30 minutes. Heat the oil in a frying pan. Add onions and green peppers and cook until soft. Add the ground meat. Cook until meat is partially cooked (medium). If using grassfed beef, you may need to add a couple tablespoons of water.

Add the tomato paste to the beef, onion, and pepper mixture. Stir for a minute. Add the diced tomatoes and cook for 5 minutes.

Remove from heat and add salt, pepper, and red pepper flakes if desired. Add dill/basil. Layer half of the zucchini rounds in an oven safe dish. Cover with half the ground beef sauce. Make the second layer of zucchini rounds and pour over the rest of the sauce. Add 1/3 cup of hot water. Place tomato slices on top. Bake in a 375 degree oven for a half hour.

### Zucchini Salad with Yogurt

This is a very nice chilled dish. Also, keep this recipe for next week as we will have fresh yogurt featured in the bag.

#### Ingredients:

3 medium sized zucchini, coarsely grated (makes about 3 cups)  
 2/3 cup plain yogurt  
 1.5 tablespoon olive oil  
 1-2 cloves minced garlic  
 0.5 cups crushed walnuts  
 1/8 cup fresh dill, finely chopped  
 1 teaspoon fresh mint, finely chopped  
 Salt and black pepper, red pepper flakes (optional)

Grate zucchini in a bowl. Squeeze the grated zucchini by hand and drain excessive juice. Heat olive oil in a pan. Add zucchini and cook for 5 to 6 minutes or until tender, stirring occasionally. Set aside to cool down.

Mix yogurt and minced garlic well in a bowl.

When zucchini cools down, add zucchini, walnuts, dill, mint, salt, and pepper to the garlicky yogurt and mix well. Serve cold.

### Adana Style Stuffed Eggplants and Zucchini

Ingredients: (you may scale up or down the zucchini and eggplant as desired)  
 3 eggplant (or one super sized one)  
 3 zucchini

#### For the stuffing:

0.5 lb ground meat  
 2 cups white rice  
 3 onions, chopped  
 2-3 tomatoes, finely chopped  
 1 bunch parsley, chopped  
 1 bunch dill, chopped  
 0.5 cups fresh mint, chopped  
 1 tsp black pepper  
 1.5 tsp salt

#### For the sauce:

8 cloves garlic, minced  
 6 tablespoons olive oil or butter  
 2 tablespoons mint, chopped  
 2 tablespoons hot pepper flakes  
 Juice of two lemons (use actual lemons, not bottled lemon juice)

In a big bowl, mix well all the ingredients for the stuffing.

For the eggplants, cut the tops off. Peel them in a striped pattern. You don't need to peel the whole thing. Carve out the seed cavity with a potato peeler or a spoon. After carving, put the eggplants

in a bowl filled with salty water to prevent them from browning. For the zucchinis, cut into pieces about 2 inches long. Carve out the seed cavity with a potato peeler or spoon.

Stuff the eggplant and zucchini with the stuffing and place in a big wide pot facing up. Add water to the pot. It should not over the vegetables. Only an inch of water is needed. Cover and cook on low to medium heat for 40 to 45 minutes. You don't want to boil the water.

In a skillet, heat the oil and stir in garlic. After a couple of minutes add the paste and mint flakes. Stir for another 1-2 minutes. Pour in lemon juice, stir, and turn off the heat. Pour the sauce over the vegetables with a spoon. Cook for another 10 to 15 minutes and serve.

### Oven Baked Zucchini Fritters

#### Ingredients:

2-3 zucchini, grated  
 3 eggs  
 0.5 cup cheese, preferably feta or chevre  
 0.25 cup fresh mint  
 ½ bunch parsley  
 1/3 cup dill  
 2-3 green onions  
 2 tsp baking powder  
 0.25 cup olive oil  
 1.5 to 2 cups flour  
 1 tablespoon ground pepper  
 1 tablespoon pepper flakes (if you want it hot)  
 Salt to taste

Put all the ingredients in a bowl. Mix well. Pur the mix into a greased oven pan. Bake at 375 for approximately an hour. Serve hot or with yogurt on the side.

## Spicy Tomatoe Jam

I think everyone on the East Side knows that my employee Robert (greeter) has a passion for canning, jamming, and everything else that prevents throwing food out! He found this recipe on Facebook and recommended it to me.

6 pounds tomatoes, peeled and chopped  
 2 cups cider vinegar  
 1 cup dark brown sugar  
 1-2 cup white sugar (the recipe calls for 3 but this can be scaled back with a good ripe tomato)  
 1 tablespoon salt  
 1 tsp ground black pepper  
 2 tsp whole mustard seeds  
 1 tsp ground yellow mustard powder; 1 tsp ground allspice; 1 tsp ground cumin; 1 tsp cayenne powder; 1 tsp chipotle powder  
 ½ cup lime juice  
 3 tablespoons grated lime zest.

Combine vinegar, sugars, salt, and spices and heat to dissolve sugar. Add tomatoes and any liquid released when chopping them. Bring to a boil, then simmer until the volume is reduced to about 1/3. Takes about 1.5 to 2 hrs. Add lime juice and zest, simmer 10-20 minutes. Either refrigerate for use within 30 days or hot pack can them.