

Small CSA Contents:

- 1 pint blackberries or 1 watermelon
- 1 quart yogurt
- 1 lb nitrate free bacon
- Approx 1.5 lbs slicing tomatoes
- 1 head leaf lettuce
- 3 lbs new potatoes
- 1 bunch swiss chard or 1 bunch beets
- 1 pint heirloom cherry tomatoes
- Approx 1.5 lbs peaches

Vegan Substitutes:

- 8 oz ball of mozzarella cheese
- 1 medium cantaloupe (vegans)

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 medium cantaloupe
- 8 oz assorted farmstead cheeses
- 1 quart hot Hungarian peppers
- 1 lb dragon tongue beans
- 3/4 lb braising green mix
- 1 head broccoli

Is eating local healthier?

I go to lots of conferences and talk to lots of local producers. They will all market themselves as "healthier." When you ask them how, few can explain why eating local is healthier.

Now I'm no scientist and I'm no dietician, but I can tell you one reason why eating a strictly local diet is healthier. I only eat BLT's about 3 months of the year when I can get fresh local tomatoes and lettuce. Otherwise, I'd have one every day all year long.

Praise the lard.

Simple Potato Recipes

Pan Fried Potato, Apple, and Onion

Ingredients:

- 1.5 lbs potatoes, unpeeled
- 1 tart apple
- 3-4 slices of bacon, chopped
- 1 medium onion, diced
- 2-3 tablespoons butter
- Seasonings – thyme, sage, salt, pepper, and/or rosemary
- ½ cup chicken broth

Cut the potatoes in halves or quarters to make smaller, faster cooking pieces. Boil them in water for about 15 minutes until just tender. They should not be so soft that one can mash them.

Refrigerate the potatoes overnight. The next day, cut the potatoes into small, bite size pieces. Think home fries or bigger. In a skillet add the diced bacon and cook until it starts to brown. Remove and drain most of the grease.

Add the butter and pan fry the potatoes for about 15 minutes, tossing occasionally. Add the onion, bacon, and apple chunks in and continue to cook. Season and add the chicken broth, cook down for about 5 minutes and serve.

Herb Roasted Potatoes

Fresh potatoes don't need to be smothered in ketchup, cheese, or anything to add flavor. Potatoes gROUTIN or a potato romanoff would completely disguise the flavor of these new potatoes.

Simply melt some butter in a small sauce pan with some rosemary, thyme, and/or sage. In a mixing bowl or in the baking dish, coat the potatoes with the butter and herb mixture. Place in a glass baking dish and sprinkle with kosher salt. Roast at 350 until desired tenderness. Serve.

Clark's Ultimate BLT

- Baguette
- Goat Cheese
- Roasted Cherry Tomatoes
- Bacon
- Leaf Lettuce

Slice the baguette lengthwise. Slather on a layer of goat cheese. Add a layer of roasted tomatoes. Add bacon and top with lettuce. If you have a Panini grill press, use it to toast the sandwich.

Savory Tomato Quick Bread

Beth Davis-Noragon from the Grovewood Tavern sent me this recipe. She claims that this recipe tastes somewhat like pizza.:

- 2.5 cups flour
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp garlic salt
- 1 tsp crushed oregano
- 1 tsp sugar
- 1 / 2 c shredded mozzarella
- 1 / 4 c grated Parmesan
- 1 / 3 to 2 / 3 cup milk
- 2 eggs, 1 / 4 cup oil
- 1.5 cups peeled, chopped tomatoes, reserve the liquid

Stir together flour, baking powder, salts, oregano, sugar, and cheeses. Add enough milk to drained tomato liquid to make two thirds cup. Blend liquid with eggs and oil. Stir liquid and chopped tomatoes into flour mixture until thoroughly moistened. Pour batter into greased loaf pan; bake 75 to 80 minutes at 350 degrees. If bread browns before baking time is complete, cover with a foil tent. Cool 10 minutes in pan and remove to rack. Freezes well.

Salsa/Veggie Tapanade

There is no correct way to make a salsa. And if I owned a fancy restaurant I'd probably call my salsa a tapanade so that you would confuse it with something really fancy and would accept my unusual application of the product. In short, salsas are fun, tasty creations that highlight the summer's bounty.

Some people prefer a chunky salsa. Some like the salsa put through a blender to make it smooth. In short, your salsa can have any number of variations. In general though, salsa is chopped tomatoes, herbs (usually cilantro being herb of choice), salt, pepper, onions/garlic, peppers, and seasonings of your choice. You can use cherry tomatoes or large tomatoes – seeds in or seeds out, skins on or skins off.

Chop your tomatoes and start combining ingredients until you reach the consistency and flavor you desire. Try adding kernels of corn (or other leftovers you may have from the previous weeks). Use your salsa to munch on before dinner, toss it with pasta, put it on a burger, or simply put a scoop of it on the plate cold with a sandwich to make a refreshing, healthy side dish.

Roasted Tomato Spread

If you are starting to accumulate tomatoes, here is a recipe that will help you use them up quickly. Take your ripe slicing tomatoes and quarter them vertically. Scoop out most of the seeds with your finger and reserve some of the tomato juice from this process. Rinse the tomato off. We are going to dry these out some.

In a small dish, mix olive oil, oregano, minced garlic or garlic powder, and a bit of black pepper. Place the tomatoes on a cookie sheet and brush them with the oil mixture. You don't want them swimming in the oil...just brushed. Sprinkle lightly with some kosher or sea salt. Roast them in the oven at 200 degrees for 3 to 4 hours. We are essentially making a very moist sun-dried tomato. You want them to shrink up but not be completely leathery. They should still have some moisture in the flesh.

While the tomatoes are roasting, crush 3 to 4 cloves of garlic (or more depending on how many tomatoes you use) with a teaspoon of kosher salt. This should form a paste. In a blender, mix some basil leaves, a tablespoon of olive oil, the dried tomatoes, and the garlic paste. If the mixture is too dry, add some of the reserved tomato juice until desired consistency is reached.