

Small CSA Contents:

- 1 yellow doll watermelon
- 2 ct eggplant
- 1 quart hot Hungarian peppers
- 1 lb honey
- 1 cantaloupe
- 1 lb heirloom tomatoes
- 1 lb slicing tomatoes
- 2 summer squash
- 1 quart baby pepper mix, sweet and hot
- Quarter peck golden supreme apples

Vegetarian and Vegan Subs – not necessary

Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 8-oz tub cream cheese
- 12 oz brussel sprout relish
- 2 ct zucchini
- Approx 1.5 lb red fortune plums

Eggplant Dip by P Bosley

Slice the eggplant into rounds and then cut the rounds into chunks. Salt the eggplant and let them drain in a colander for one half hour. Wash the eggplant and squeeze the pieces to dry. Use a non-stick saute pan to slowly cook the eggplant with ½ cup of diced onion in a little olive oil along with two or three cloves of garlic, minced. Cook slowly. Stir often. Cook until the pieces are very soft and can be mashed easily with a fork.

Let the mixture cool and then puree in the food processor. Season with salt and pepper. Use it as a dip or spread it on toast with a slice of tomato. You could reheat the eggplant, put it on toast, lay a thin slice of cheese over it and run these under the broiler.

Garden Chowder

- Ingredients:
- 1 medium zucchini or summer squash, chopped
 - 2 tablespoons parsley
 - 1 teaspoon basil
 - 1/3 cup butter
 - 1 medium onion
 - 2-3 ears of sweet corn, removed from the cobs
 - 2-3 tomatoes, chopped
 - 2 cups shredded cheddar cheese
 - 3 cups water or chicken broth
 - 1 can evaporated milk
 - 1 teaspoon lemon juice
 - 1/3 cup flour
 - ¼ cup parmesan cheese
 - Salt and pepper to taste

In a soup kettle, sauté zucchini, parsley, onion and basil in butter until tender. Stir in flour, salt and pepper until all flour is blended with the butter

and veggies. Gradually add the water or chicken broth, stirring well. Add lemon juice. Bring to a boil.

Cook and stir for a few minutes. Add tomatoes, corn and canned milk. Return to a boil and reduce heat. Cover and simmer for 5 minutes until corn is tender. Stir in cheeses until melted.

Eggplant Caponata by Gretta F

- Ingredients:
- 2.5 lbs eggplant, cut into cubes
 - Olive oil
 - 1 bunch celery
 - 1 onion, sliced
 - 1 small 3 oz can tomato paste
 - 4 teaspoons sugar
 - 1.5 cups red wine vinegar
 - 1-2 tablespoons capers
 - 0.5 cups green olives
 - Pepper

Salt the eggplant and drain in a colander for 1 hour to remove the bitterness and excess water.

Cook eggplant in olive oil in a skillet. Remove from the pan. Cook celery in olive oil. This won't take long. You still want a little crunch. Remove from the pan.

In a clean pan, cook the onion in a little olive oil until it begins to change colors. Dilute the tomato paste with a little water. Add it to the onion mixture. Cook this for about 15 minutes to meld the flavors together.

Stir in the sugar, vinegar, capers, olives, eggplant and celery. Season with salt and pepper as necessary. Simmer for 10 minutes.

Serve cold or at room temperature. It gets better with age. Great with crackers or just by itself, or on top of pasta.

Tomato Soup by Jamie B

- Ingredients:
- 5 tomatoes
 - Yogurt (from Fresh Fork)
 - Fresh basil, about 7-10 leaves, chopped and stems removed
 - Extra virgin olive oil
 - Salt and pepper to taste
 - Parmesan cheese (optional)

Blanch tomatoes. After removing tomatoes from pot, fill pot with about 1.5 to 2 cups of water and boil. Peel tomatoes and remove as many seeds as practical. Crush the tomatoes a little with your fingers.

Add tomatoes to pot and cook for a few minutes. Using an immersion blender (if available), mostly puree the tomatoes in the soup pot.

Add salt and pepper and basil, reserving a little basil for garnish. Plate the soup. Drizzle with olive oil. Swirl in a full tablespoon of yogurt to each bowl. Top with basil and shaved parmesan if you desire. Serve warm or chilled.

Heirloom Tomatoes

This week's feature is heirloom tomatoes. These tomatoes are considered "heirlooms" because the seeds are generally those of tomatoes grown before industrial agriculture became prevalent. These are often seeds from plants dating back hundreds of years and often back to Europe.



The reason most of these varieties of tomatoes are not grown anymore is that they are extremely difficult to pack and transport. They are not uniform in shape and are very tender.

Furthermore, they have not been bred to withstand common tomato diseases and pests. This makes crop failure very possible and therefore a financial risk to the commercial farmer. It takes some arm twisting for me to even get guys to grow a large volume of these tomatoes for me.

We are delivering your tomatoes with the best care we can. You should have received your tomatoes on a firm paper plate or in a paper bag to protect them from being crushed in the bag green bag. We recommend that you do not refrigerate the tomatoes. Keep them in a cool, dry location until you are ready to eat them.

They will continue to ripen at room temperature. You will want to enjoy them soon. The best way is simply to cut the tomatoes, drizzle with a little olive oil, throw on a dash of salt and pepper, and serve with some fresh feta or mozzarella cheese.

Upcoming Events

The farm tour is currently being planned. I'll have final details out very shortly. Trying to line up the farmers' schedules is difficult. We are looking at either Sept 25 or Oct 2.