



**Small CSA Contents:**

- 1 dozen pasture raised chicken eggs
- 1 piece havarti from Mayfield Road Creamery (8 oz)
- 2 ct zucchini or squash
- 1 bunch carrots or 1 bunch beets (switching from last week)
- 1 lb whole wheat linguini
- 6 ears sweet corn
- 1 lb green beans
- 1-2 bulb onions depending on size
- 1 lb apricots

**Large Add-Ons**

- 2 lbs peaches
- Approx 1.5 lbs tomatoes
- 1 pint mixed color cherry tomatoes
- 1 pint blueberries

**Vegetarian Subs**

Same as the small this week

**Vegan**

Small contents minus eggs and cheese, add:  
Large Add on Items

**Zucchini Frittata**

*From About.com comes this recipe for a perfect light dinner or brunch dish. Any summer squash will work great with it.*

**Ingredients**

- 4 eggs
- 2 Tbsp. cream or milk
- 2 Tbsp. olive oil, divided
- 1 small onion, finely chopped
- 1/2 tsp. salt
- 1 clove garlic, minced
- 3 small zucchini or summer squash, trimmed, halved lengthwise, and thinly sliced
- 1/3 cup parmesan or other hard, grating cheese
- 2 Tbsp. minced parsley, basil, or thyme (optional)
- 1/4 tsp. freshly ground black pepper

**Preparation:**

In a large bowl, whisk eggs and cream or milk until whites are thoroughly broken up and the whisk lifted out of the bowl drips egg with no globs clinging to it. In a large frying pan, heat 1 Tbsp. of olive oil over medium-high heat. Add onion and salt. Cook, stirring frequently, until starting to brown, about 5

minutes. Add garlic and cook until fragrant, about 1 minute. Add zucchini or summer squash and cook, stirring, until wilted, about 5 minutes. Stir cheese, herbs, and pepper into the eggs. Stir in vegetable mixture. Return pan to stove. Add remaining 1 Tbsp. oil and let sit until hot. Pour in egg-vegetable mixture. Reduce heat to medium-low. Cook until lightly browned on bottom, about 5 minutes. Heat broiler, arranging a rack 6 to 8 inches below the heating element. Put frittata under broiler and cook, watching constantly, until frittata is set and top is browned, 2 to 3 minutes. Run a silicone spatula around the edges, gradually working under the frittata until the entire thing is loose from the pan. Slide onto a serving plate and serve immediately.

**Pasta with Eggs**

*If you have a busy schedule like we do, this is a quick and easy dinner. This is a big recipe, but is easily scalable. For each nest of pasta, use 3 eggs and about 2 tablespoons butter*

**Ingredients**

- 1 lb. pasta
- 1 dozen eggs
- 1/2 cup butter

Cook pasta to al dente, drain well. Add butter to pan, and allow to melt. Return drained pasta and mix well with butter.

In a separate bowl, beat eggs well. Add the eggs to pan, and mix well. Return to med heat, and stir CONTINUOUSLY, scraping egg from bottom, until eggs are scrambled well and cling to pasta. This step goes very quickly, so watch pot closely.

Serve immediately.

**Sweet Corn Chaat**

**Ingredients:**

- 4-6 ears of sweet corn
- 1 tsp lime juice
- Chili powder
- Garam Masala
- Black pepper

**Directions:**

Remove the corn kernels from the ears. (For this recipe use about a cup of kernels.) Boil until tender. Drain. Mix with the lime juice and a pinch or so of each of the spices to taste. Can be served hot or cold as a great side dish.

**Grilling Corn**

If you saw us at the Taste of Tremont, then you know how much people love their corn on the cob. If you already have the grill out, why not grill your corn, too. Rinse the ears and soak them for an hour or longer to make sure the husk is nice and water logged. This will allow them to steam the kernels and won't all burn up on the grill. While we pull off the corn silk as we husk them, you might want to pull the husk back a little and pull off the silk before grilling. This will keep from having to clean up too much of it from the table.

For a unique spin, you can try seasoning the corn before grilling. Try pulling back the husk and taking off the silk. Then sprinkle a spice or two directly on the corn. Pull the husk back up before grilling or your corn will burn. Some ideas to try are curry powder, lemon pepper, crushed red pepper, chili powder or garlic powder. If you have a favorite herb that you like with your corn, you can put whole leaves or stems of fresh herbs inside the husk before putting on the grill. You can try squeezing a wedge of lime over the finished corn to give it a lift.

Check your corn often. You want it to be tender, but not dried out. Once it is cooked, you can remove the husk and return to the grill for a little browning, if you want.

