



A Place on Earth CSA Notes September 2-5, 2020

In your share this week:

Butternut or Spaghetti Squash; Parsley; Sweet Corn; Watermelon or Cantaloupe; Eggplant; Radishes; Sweet Peppers; Garlic; Onions; Cucumber; Squash/Zucchini; Tomatoes; Cherry Tomatoes; Kale

Organic Food: This information from Environmental Working Group, EWG.org, a reliable website that reports on food and product safety:

“A new study found that, on average, the levels of glyphosate in adults and children dropped by **more than 70%** after they started following an organic diet, with major reductions seen in just three days.

Glyphosate is the cancer-linked ingredient in the most widely used pesticide in the U.S. **EWG has found shockingly high levels of glyphosate in popular foods like cereal and hummus.** But the EPA has failed to take action to get glyphosate out of our food.”

This is one of many reasons that eating from an organic farm is very important. Aren't you glad you're a subscriber to A Place on Earth CSA Farm?

Corn: More lovely corn this week! I sat down at 10:30 this morning and ate an ear of corn—between meal snack! There are plenty of ways to prepare corn, but did you know that you can prepare one ear by wrapping the shucked corn in a paper towel and microwaving for about 3 ½ minutes? Here's a recipe from Kathy Morris for a lovely corn dish adapted from “**Barefoot Contessa, Back to Basics,**” by Ina Garten:

Confetti Corn

1 tablespoon extra-virgin olive oil
½ cup chopped red onion, ½” dice
1 small orange (or red or yellow) bell pepper, ½” dice
2 tablespoons unsalted butter
3 ears fresh corn
1 teaspoon Kosher salt
1-2 tablespoons fresh basil, chives, or parsley, finely snipped

Heat olive oil over medium heat in a large sauté pan. Add onion and sauté for 4-5 minutes. Add bell pepper and sauté 3-4 minutes. Cut corn from cobs and add to skillet. Add butter to skillet and sauté 5-7 minutes, or until the starchiness disappears. Add salt and herbs of choice, finely minced. Serve warm.

Don't know Spaghetti Squash? It is a winter squash, which means it will keep, unrefrigerated, for weeks in your pantry. To cook, cut in half and remove seeds. Turn upside down on a sheet pan and bake for 40-45 minutes, or until tender. You can serve with a dollop of butter, or with spaghetti sauce since the interior strands of squash look a bit like spaghetti.

Eggplant: I have several ways I use eggplant, and the first I'll share is as a

Faux Eggplant Parmesan: Slice a couple of cross-sections of rounded eggplant, ½" or so thick. Sprinkle with salt and allow to sit for 10-15 minutes. Rinse and pat dry. Dip the eggplant in an egg wash (1 egg + ¼ cup milk) and then in breadcrumbs, both sides. In a 10" skillet, heat 1/4" of cooking oil to very hot, but not smoking. Place the slices of eggplant in the oil, and quickly brown both sides, making sure that the eggplant is cooked through. Drain and place on a plate, cover with marinara sauce, salt and pepper, a few fresh basil leaves, and a couple of slices of cheese of choice. Place under the broiler and allow the cheese to melt. You can even add a couple of slices of fresh tomato before the marinara sauce if you like. Serves 1!

My second eggplant recipe comes from my friend Stephen Spanyer, who found the recipe on the Emeril Lagasse website. The recipe sounds more complicated than it is but know that the finished dish is *very* rich. Be careful not to add more oil & butter than is called for, and don't use buttered breadcrumbs. I use it as a main dish, but it is not a high protein dish, so do what is right for you about adding a protein dish.

Eggplant Casserole a la Emeril

4 tablespoons olive oil, divided
1-pound eggplant, peeled and 1/2" diced
1 tablespoon butter, mixed with 1 tablespoon olive oil
1 onion, 1/2" diced
1 red bell pepper, 1/2" dice
4 ribs celery, 1/2" dice
1/4-pound mushrooms, sliced, optional (I used a small can)
1/2 cup basil leaves, fresh, chopped
1 cup grated parmesan cheese
¼ cup Italian-seasoned breadcrumbs
1/2 cup heavy cream (I used half & half)
2 tablespoons snipped cilantro or parsley, fresh
Salt & Pepper to taste

Add olive oil to large skillet over medium-high heat. Add cubed eggplant & cook half-way through. Set aside. Melt butter in olive oil & add red pepper, celery, onion & mushrooms. Sauté 3 - 5 minutes. Add eggplant, herbs, salt & pepper. Sauté 3 minutes; remove from

heat. Toss in Parmesan, cream & breadcrumbs. Transfer to iron skillet or heavy casserole dish. Bake in oven 20 - 25 minutes, uncovered at 375 degrees. Serves 4 – 6.

Tomatoes: It would be a shame to have all these tomatoes, and not use some for gazpacho.

The Best Gazpacho: Chilled Tomato Vegetable Soup. This recipe comes from the Farm Journal Cookbook, now out of print, but a favorite of farm cooks back in the 1970's. Start with a jar/can of tomato juice and add fresh tomatoes and other fresh vegetables. Many cooks try to use the shortcut of a blender to dice the vegetables, but I promise you that—like preparing salsa--you will be rewarded if you do the chopping by hand.

Gazpacho

3 cups tomato juice
1 cup peeled, chopped tomatoes
1 green pepper, diced
1 small carrot, diced
1 large cucumber, diced
1 onion or 1/2 bunch of green onions, chopped
1 small zucchini or yellow squash, diced
1 rib celery, diced
1 clove garlic, minced
2 tablespoons fresh snipped parsley
2 tablespoons fresh snipped chives
1-2 tablespoons extra virgin olive oil
1 teaspoon Worcestershire sauce
1 tablespoon lemon juice or red wine vinegar

Make sure all vegetables are diced very fine. Combine all ingredients and refrigerate a few hours before serving. Serve cold. Makes 6 servings.

Another use for large cucumbers: My friend Connie Marrett sent me this recipe for a cooked cucumber dish that's very simple. She said she used toasted sesame oil instead of perilla oil, and various herbs instead of perilla seeds. I tried it and used fresh basil. I would caution not to overcook.

Cooked Cucumber Recipe (Nogak Namul)

Cooked cucumber recipe or Korean Nogak Namul is a simple and delicious way to eat your old, overgrown, over ripe cucumbers. Regular cucumbers can also be used instead. Serves 3 as side dish.

- 1 cucumber (large overgrown or regular)
- 1 green onion (roughly chopped)
- 2 Tablespoons perilla oil
- 1 teaspoon garlic (finely chopped)
- 4 Tablespoons water
- 1/2 teaspoon Sea Salt
- pinch perilla seeds (optional) or minced herbs, as desired

Instructions

1. Peel cucumber and cut in half lengthwise. Using a spoon, scoop out seeds.
2. Slice cucumber into thin slices.
3. Chop garlic and green onions.
4. Heat 2 Tablespoons perilla oil in frying pan on medium high.
5. Add cucumbers, garlic, and green onions.
6. Sauté on medium heat for 3 minutes.
7. Add 4 Tablespoons water to pan and continue cooking (2 min or so) until most of the water is evaporated.
8. Serve warm or cold as side dish.

Please offer your favorite recipe so everyone can share.

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