



A Place on Earth CSA Notes

September 16-19, 2020

In your share this week:

Yellow Wax Beans; Delicata Squash; Potatoes; Carrots; Eggplant; Sweet Peppers; Garlic; Onions; Cucumber; Tomatoes; Cherry Tomatoes; Collards; Basil; Cilantro

Yellow Wax Beans: When I was growing up, our family had “bean parties” where we sat under the trees outside—all 10 kids—and snapped beans so we could can them. It was all done by hand, snapping the ends off, then the beans snapped into about 1-inch lengths. I have discovered that it is easier for me to keep a small paring knife in one hand to help remove the ends; snapping the rest into one-inch lengths is easy by hand.

Member Erica Keifer asked me how to prepare wax beans, and I did a bit of hemming/hawing, as they have never been my favorites. But when I washed and snapped these crisp, tender beans, I had to change my mind. The first thing I did after snapping them into one-inch lengths was to steam a handful of the tender beans to sample them for myself. Wala! They tasted so much like young, tender green beans, I couldn't believe it! Guess I'd had mostly more mature beans in the past. So, how to cook? I can think of three ways, but there are lots more:

1. Steam the tiny fresh beans and season with salt, pepper, butter, and any herb you like.
2. Steam the beans until barely tender; mix with barely cook green beans and the same quantity of cooked kidney beans. Toss with a vinaigrette dressing for a 3-Bean Salad.
3. Add gently cooked yellow beans to Mac & Cheese for a more nutritious M & C dish with a little extra texture, too.

Delicata Squash: Delicata is a winter squash, but tastes a little like a summer squash, and each half is about one serving. It does have good shelf life, or kitchen counter life, which is convenient. Like many winter squash, it has a hollow center, with stringy matter connecting seeds. Start by cutting the squash in half, lengthwise, and scrape out the stringy, seedy mass. You can certainly turn the sides upside down on a sheet pan and roast in the oven, add butter to each side—and maybe a smidge of brown sugar—and eat it right from the shell. Delicata also lends itself to stuffing. Fill the center with any combination of rice, beans, onions, peppers,

tomatoes, and herbs, and you have a stuffed squash, cooked in the oven with or without meat. Allrecipes.com also has some interesting recipes for delicata.

Yellow Bell Peppers: If you have not been paying attention and have simply put the peppers in the fridge take them out, wash and cut into strips. Start munching, and you may just be delighted. These peppers are so sweet that they make great snacks, so please enjoy while you can, as a wonderful crisp, sweet pepper.

Potatoes: there are a million recipes, but I tried a new way to cook potatoes with chicken thighs, and just must share it. The recipe, by Kay Chun of the New York Times, calls for cooking the potatoes on a bed of green onions, in a sheet pan, and covered with chicken thighs. At the end, mix capers with lemon juice and the juices of the cooked chicken, pouring all over the whole pan. It was good, but the leftovers were better than good; they were fabulous! The capers made the dish amazing, so wait until you have capers before making the dish. I have made slight adaptations from the original.

Sheet Pan Chicken with Potatoes (Kay Chun, NYT)

12 scallions, trimmed (about 1 pound) (I used part garlic scapes)

5 tablespoons extra-virgin olive oil

Kosher salt and black pepper

1-pound Yukon gold potatoes (about 3 large), sliced 1/8-inch-thick (about 4 cups)

8 large bone-in, skin-on chicken thighs (about 3 pounds)

2 tablespoons drained capers

1 tablespoon fresh lemon juice, plus 4 lemon wedges for serving (optional)

1. Heat oven to 350* degrees. Place scallions in a single layer on a rimmed baking sheet, drizzle with 1 tablespoon oil and season with salt and pepper. In a medium bowl, season potatoes with salt and pepper and toss with 2 tablespoons oil. Spread half of potatoes in a single layer over scallions. Season chicken with salt and pepper, drizzle with the remaining 2 tablespoons oil and place on top of the potatoes. Arrange remaining potatoes around chicken. Roast until chicken is cooked through and potatoes are tender and golden, 55-60 minutes.
2. Transfer chicken, potatoes, and scallions to serving a serving plate. Scrape remaining pan juices and drippings into a small bowl, stir in capers and lemon juice and season with salt and pepper. Spoon over chicken and serve with lemon wedges, if using.

For leftovers, place potatoes on the bottom of each portion of chicken, and cover with onions, capers, lemon juice, and dripping. The next day, this dish is absolutely fabulous, when heated.

*The original recipe called for cooking the dish for 30 minutes at 450 degrees, but I found it more tender at 350 for an hour.

Eggplant: New member Stephanie Keller told us how much she is enjoying the CSA and wanted to share an eggplant recipe I just had to try. It is a curry and taught me even more than I already knew about curries, and a big learning curve for me is to NOT use more than the recipe calls for, especially paying attention to the type of curry recommended. So, use the type of curry recommended, and if you must substitute, use less, not more. Also, know that cooked eggplant is not beautiful, so feel free to chop some fresh green herbs to go on top. Her recipe came from Bon Appetit by Brigid Washington.

Trini Stewed Eggplant

- 1 medium globe eggplant (about 14 oz.)
- 3 Tbsp. vegetable oil
- 2 tsp. Chief or madras curry powder
- 7 garlic cloves
- 1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt, plus more
- ¼ tsp. (or more) Tabasco or other spicy hot sauce

Steps

1. Cut top off **1 medium globe eggplant (about 14 oz.)** as close as possible to stem. Using a vegetable peeler, remove skin and discard. Slice eggplant in half lengthwise. Lay halves flat on their cut sides, then slice each half lengthwise into thirds to create long slabs. Cut each slab into large cubes.
 2. Heat **3 Tbsp. vegetable oil** in a large skillet over medium heat about 30 seconds, add **2 tsp. Chief or madras curry powder**, and stir to combine. Reduce heat to medium-low. Add eggplant and stir to coat in oil. Pour in ¼ cup water, stir again, and cover pan. Cook until eggplant is tender but not falling apart, 7–9 minutes.
 3. Meanwhile, peel and finely chop **7 garlic cloves**.
 4. Uncover pan and pour in another ¼ cup water. Stir, re-cover, and cook 7 minutes (eggplant should be soft enough to mash easily). Uncover and mash eggplant with a fork. Mix in garlic, **1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt**, and **¼ tsp. (or more) Tabasco or other spicy hot sauce** and cook, uncovered, until garlic mellows and flavors have come together, about 3 minutes. Remove from heat; taste and season with more salt and hot sauce if needed.
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5. **Do ahead:** Eggplant can be made 3 days ahead. Let cool, cover and chill.

Garlic: When farmers are trying to cure garlic for long term storage, they depend on dry weather, which we usually have in August. We have had lots of rain; thus, humid weather—not the ideal time to dry garlic. If you notice garlic bulbs with mold, peel all of them and freeze the individual cloves. The frozen cloves will be perfectly usable for months and years to come if you run the cloves under warm water for a few seconds before mincing.

I love to hear from CSA members who try new recipes, so feel free to let us know what you have tried, and what has delighted you. Maria Scharfenberger told me at pick-up that she challenges herself to use every single item in her share. I do the same, Maria, though sometimes it takes me 2 weeks to use every single item! Stephanie Klap told me she loves collards and can hardly wait to cook them. She also told me about roasting the radishes we've received recently and adding the cooked greens to the dish. Great idea, Steph! Radishes are just like tiny turnips! Please send me any recipes/ideas you want to share.

I hope to see many of you at the fall potluck at the farm this Saturday, 3 pm.

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