



A Place on Earth CSA Notes

July 23-26, 2020

In Your Share this Week: Potatoes; Green Beans; Garlic; Onions; Cucumber; Squash/Zucchini; Blackberries or Tomatillos or Cherry Tomatoes; Cabbage; Kale

Today I received yellow zucchini, which may be used like regular zucchini, including this dish. The spices make it a curry, since they are some of the spices used in curries.

Pakistani Zucchini Curry (Torai Ki Sabzi)

This recipe is from my friend Mac Stone, co-owner of Elmwood Stock Farm. He says the recipe is excellent combined with chickpeas or leftover chicken alongside your favorite grain. This curry has less liquid than you may be expecting. And you can add this to your arsenal of “How to use Zucchini!” Mac and his wife Ann adapted the recipe from *Tea for Turmeric*.

1/3 c. grapeseed or other neutral oil
2 medium onions, thinly sliced
5-6 garlic cloves, crushed and minced
1-inch piece ginger, minced
1 tsp. cumin seeds
1 medium tomato, cubed
1 tsp. salt, or more to taste
1/2 tsp. coriander powder
1/2 tsp. black pepper
1/8 tsp. cayenne pepper, or to taste
1¼ lb. zucchini or summer squash, cut into 1/8-inch half-moons
1/2 c. chicken broth or vegetable broth, divided
1 small jalapeño pepper, deseeded and sliced
1/2 tsp. turmeric powder

Heat oil in a nonstick skillet over high heat. Add onions, and sauté until lightly golden, about 8-10 minutes.

Lower heat to medium, and add garlic, ginger, and cumin seeds. Sauté until the raw smell of the ginger and garlic disappears, about 20-30 seconds. Add tomato, salt, coriander powder, black pepper, and cayenne. Sauté for 1 minute, then stir in zucchini and 1/4 cup of the broth. Mix well, ensuring the zucchini is well coated.

Cover, and let cook for 7 minutes, stirring once. Once most of the broth has dried up, use a wooden spoon to break the zucchini into pieces. Add jalapeño and turmeric, and sauté for a few minutes.

Lower heat to medium-low, cover, and continue to cook for 15-20 minutes. Stir once half-way. If you're afraid it will stick to the pan, add remaining 1/4 cup broth. Uncover, and stir well. Taste and adjust salt.

When zucchini is very soft and well cooked, turn off heat and serve over rice or other grain.

Other Summer Squash: Yes, summer squash is plentiful in mid-summer just as lettuce is in spring. CSA member Marian Swisher asked about making soup out of summer squash, and yes, that's one of my favorite ways to use it. One of the few ways to freeze squash to use later, and still find it palatable, is to use it in this great soup, that may be eaten hot or cold. Served cold on a summer day it is special indeed. (Of course, you can grate summer squash and use it now or later (frozen) to make zucchini or other squash bread. More about that later.) (Yes, this is a recipe I repeat almost yearly.)

Summer Squash Soup

4 cups summer squash, sliced (fresh or frozen)

¼-1/2 cup chives, garlic chives or scapes, or green onions, chopped

2-3 tablespoons butter or olive oil

4-5 cups chicken or vegetable broth

½ cup sour cream, plain yogurt, or cream cheese (soy equivalents work, too)

¼ cup lemon juice

Salt & pepper to taste

1-2 tablespoons fresh or frozen dillweed or basil pesto, optional

Sauté squash and chives in oil/butter for about 5 minutes. Add broth and bring to a boil. Simmer about 10 minutes, until tender. Add sour cream, salt & pepper to taste, dillweed or pesto, and process in a blender or processor. (I love my immersion blender for soups!) Add the lemon juice last to avoid curdling. Stir well and eat hot or cold.

Green Beans: Aren't this week's beans different? Yes, and give a cheer; they are Roma beans, an Italian variety, that I like best of all. Somehow, when seasoned with butter, they taste even more buttery than other green beans, like the ones we have received the last couple of weeks. An informal no-recipe method of cooking these beans is to trim and cut into shorter lengths, and cook with some cut up "new potatoes" like the ones we also received, and add a chopped onion and maybe a couple of diced tomatoes, or a half can of diced tomatoes. Cook just until the potatoes are tender. Season with salt and pepper, and you will find yourself in "country heaven."

Red Cabbage: This is a vegetable that has been a bit of a challenge for me to cook in the past. I have learned that red cabbage seems to want to be paired with something tart like limes and vinegar. I found this recipe last year in one of **Martha Rose Shulman's** food columns, and like it a lot. Some of the ingredients seem a bit elusive, so don't worry if you must make substitutes. I hope you enjoy it, too.

Asian Red Cabbage and Walnut Salad

¼ cup fresh lime juice
1 tablespoon seasoned rice vinegar
1 tablespoon agave syrup
1 tablespoon fish sauce
Salt to taste (optional; fish sauce is salty)
3 tablespoons grapeseed oil
2 tablespoons walnut oil (I substituted olive oil)
1 tablespoon dark sesame oil, such as toasted sesame oil
8 cups finely shredded red cabbage (1 medium cabbage, quartered, cored, and finely sliced)
½ cup slivered cilantro leaves with top parts of stems (lay bunch down and cut across the bunch)
1 cup julienned radishes
1 to 2 tablespoons minced fresh ginger, to taste
1 cup lightly toasted walnut halves

In a small bowl whisk together lime juice, rice vinegar, agave syrup, fish sauce, salt (if using) and oils.

In a large bowl, combine red cabbage, cilantro, radishes, ginger and 1/3 cup of the nuts. Toss together, add dressing, and toss together again. Refrigerate until ready to serve and toss again before serving.

Mound the slaw in a bowl or on a platter. It looks nice if you press it into a bowl then reverse it onto a platter. Top with remaining toasted nuts just before serving.

Cucumbers: Norah Kute had a different recipe for a fresh pickle that has a bit of bite to it. Since the one I gave you recently makes a sweet pickle, you may want to try Norah's:

Spicy Pickled Cucumbers

12 med cucumbers (about 2 lbs.) sliced lengthwise into spears and toss in a large bowl with
¼ cup white wine vinegar or unseasoned rice vinegar
2 teaspoon Kosher salt
1 teaspoon sugar
¾ teaspoon crushed red pepper flakes.

Cover and chill, tossing once, 1-6 hours. Just before serving, add 2 Tablespoons chopped dillweed and 2 Tablespoons fresh lemon juice to combine. Taste and season with more salt if needed. 8 servings

Don't hesitate to send me one of your favorite recipes so we can share with everyone else.

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