



A Place on Earth CSA Notes, June 23-26, 2021

In your share this week:

Summer Squash; Chard; Collards; Fresh Garlic; Broccoli; Basil; Radishes; Strawberries and Gooseberries; Snap Peas; Mixed Greens; Head Lettuce

Wow! What a beautiful bunch of vegetables! Let's start with Broccoli! We all know how to steam or microwave broccoli until barely tender and serve with butter. But here's an easy soup that you can make for a part of a meal or for lunch and finish out with other lovely vegetables. I once submitted it to the food page of The Courier Journal, where I wrote a regular column, and it became one of their most requested recipes.

Broccoli Soup

Actually, make almost any cream soups this way.

4 tablespoons butter or margarine	2 cups chopped broccoli, barely cooked.
4 tablespoons flour	1-2 cups shredded cheese.
1 onion, chopped	Salt & pepper to taste
4 cups milk or part half & half	1 teaspoon toasted sesame oil

Sauté onion in butter until soft. Add flour and cook over medium low heat until well cooked to keep the flour from being pasty, about 5 minutes, stirring constantly. Add milk/half and half, a little at a time, until mixture is slightly thick and bubbly. Add broccoli (which has been cooked until barely tender, and chopped), sesame oil and cheese, stirring until melted. Season with salt and pepper and serve. Serves 4.

*Kenny's cheddar or gouda are excellent in this recipe.

Yellow/Zucchini Squash "No-Recipe": I have been waiting impatiently for this tender young squash, since they are so versatile. I hope you have been saving your garlic scapes so you can saute them before adding the young sliced yellow or zucchini squash; finish off with a couple of teaspoons of dillweed, frozen, fresh, or dried, along with salt and pepper. And if you make this dish a second time, you might want to barely cook the squash, add ½ cup sour cream, a handful of grated cheese; pour into a casserole dish and cover with this delightful crumb topping (below) and bake it until bubbly at 400 degrees, 15-20 minutes.

Crumb Topping: To make toasted breadcrumbs* place 1 to 1 1/2 cups of breadcrumbs in a large bowl, toss with about 1/2 cup of olive oil or melted butter or a mixture of both. (I use a mixture.) Toast in a 350 oven until golden brown, being sure to stir every 10 minutes to prevent burning and uneven browning. Store in an airtight container, refrigerated, and use to sprinkle on

sautéed vegetables, or as a crumb coating when (oven) frying sliced squash, meats, and even sprinkle on salads. *My friend Eleanor Newnan gave me this idea, and I use the buttered crumbs in lots of ways, as a breading, in meatloaf, etc.*

*I whirl stale bread cubes, heels and crusts in the food processor and dry them in a very low oven until dry and crispy. Save them in the freezer to make this crumb topping. Refrigerate the toasted crumbs.

Words of Wisdom from CSA member Katharine Hill on Cooking for Children & Picky

Eaters: “I have two sons who eat A LOT. They are 21 and 14. Both have very different palates, and both have specific veggies they love and, of course, ones they won’t eat. I can tell you (if you promise not to tell them), they eat ALL the vegetables. I have hidden them in sauces, soups, and dressings for years.

When I get my CSA box, I sauté all the leafy greens (kale, chard, bok choy, collards, etc.) with some onion, garlic and sometimes, herbs. I freeze this mixture in small containers and dump it into anything I’m making. It works great in spaghetti sauce, meatballs, casseroles, quiche.... the sky is the limit. *When they ask what the green stuff is, I just tell them herbs.... they don’t ask anymore:) That is just the tip of the vegetable iceberg. When the root vegetables come in, I roast them all together with a little olive oil, salt, and pepper. They can be added to any sauce and puréed. They add a wonderful depth of flavor and kids have absolutely no idea their pizza has vegetable sauce on it!

I hope this is helpful and someone else can squeeze some extra veggies into their picky eaters’ belly!”

Smart lady, that Katharine!

Gooseberries! Yes, just a handful, but here’s what you can do with them: Remove the stem and the stem at the other end—*yes, that’s a lot of trouble*. If you have other fruit, you can dice and cook them together with a tablespoon or two of water, the halved gooseberries and sugar to taste, since gooseberries are very tart. Use as a spread on toast.

Basil: I promised a basil recipe, so this is my favorite pesto. I add some parsley to my pesto, but that’s up to you. The recipe traditionally calls for pine nuts, but other nuts may be substituted: walnuts, pecans, and others.

Basil Pesto. Start with 2-3 cups basil leaves & 1 cup parsley (or use this ratio). After washing and drying the basil and parsley—if using—remove the leaves from the stems and place in a food processor. Add 3-4 cloves garlic, ¼-1/3 cup toasted pine nuts or walnuts or cashews, and ½ cup grated parmesan cheese, plus ½ teaspoon salt and up to one teaspoon Bourbon Smoked Paprika. Turn processor on and drizzle olive oil in through the opening until it reaches the consistency you like. Freeze in ice cube trays or small serving containers so you can use one or several cubes for a dish.

Did you lose a recipe from another year? My friend Jan Eastburn has been putting these on my website, www.phyllisfitzgerald.com. Feel free to look for a recipe there, or send an e-mail to me at phyllisfitzgerald@yahoo.com, and I'll forward it to you.

Would you like to submit a recipe? I'll be happy to share your favorite recipes for using CSA food. Just e-mail them and I'll include them in the notes.

Phyllis Fitzgerald

phyllisfitzgerald@yahoo.com

www.phyllisfitzgerald.com