



A Place on Earth CSA Notes, July 7-10, 2021

In your share this week:

Kohlrabi; Parsley; Cucumber; Sweet Onion; Cabbage; Summer Squash; Kale; Chard; Garlic; Broccoli; Basil; Radishes; Lettuce

Onions: Remember that early sweet onions need to be used quickly, as they have not dried sufficiently to keep on the counter without rotting. But they are great with burgers, coleslaw, or when seasoning fresh raw ingredients, since they are sweet and mild.

Cucumbers: Last week I mentioned that it was pickling time, but Carden told me that most of the pickling cucumbers would come a little later, so I hope you will enjoy them in salads, and with the following dressing:

1 cup plain yogurt or low-fat sour cream

2 teaspoons crushed dillweed.

½ teaspoon dried mustard

½ teaspoon Mrs. Dash seasoning, or “Spike” seasoning (savory dried vegetable/herb seasoning)

*

½ teaspoon garlic powder (Carden usually makes this in winter, so he may have some available.)

Salt and pepper to taste.

1-2 teaspoons lemon juice, optional

Peel cucumbers (or not), and slice them into rounds or spears, as you like. Place cut cukes in the sauce and marinate for a few hours. They keep, refrigerated, for several days. Note that these are suggested seasonings. Feel free to experiment as to what you like. You may eat all of them in one meal and replace cukes in the same sauce.

Basil: I don’t know about you, but I have at least a dozen little jars of basil pesto in my freezer, so I wanted to do something different with the basil this week. If you’ve never made basil mayonnaise, you are going to love this. If you have a blender or food processor, it is easier than pie to make, and only takes a few minutes. It keeps in the fridge for 2-3 days. And you will use it on grilled cheese or BLT sandwiches, potato salad, and all kinds of other dishes.

Basil Mayonnaise:

1 cup fresh basil leaves

2 egg yolks

3 cloves garlic, minced.

2 tablespoons fresh lemon juice

¾ teaspoons salt, or to taste.

A Sprinkling of cayenne pepper and black pepper

1 teaspoon Dijon mustard

1 ½ cups vegetable oil

Blanch basil leaves in boiling water until they turn bright green, about 10 seconds. Place basil in ice water to cool it, and allow to drain, blotting well to remove water. Set aside. Place remaining ingredients in a blender or food processor EXCEPT the oil. Process the ingredients until well emulsified; start adding the oil, pouring in a thin stream while machine is running until all oil is incorporated. Add the squeezed dry basil leaves, a few leaves at a time, until well incorporated, and the mayo is bright green. Makes 2 cups. Refrigerate and use within 2-3 days. (OK to cut recipe in half.) (Alternately, you can add the blanched and squeezed dry basil to prepared mayo in a blender or food processor.) Since it contains leaves, the mayo will mold if kept longer than a few days in the fridge.

Kohlrabi: This strange looking vegetable looks for all the world like a turnip, and certainly looks like a root vegetable, but it's not. It is a stem, and the leaves grow right out of the stem. The skin is tough, so it must be peeled; it is fleshy inside, and a tad sweet. When the smaller ones are peeled, they be eaten much like an apple. When large, they are firmer, and may still be eaten raw, but ideally, should be sliced and eaten as a dipper with dip. Today I cut mine into thin French fry shapes and fried a few in hot oil, draining them on paper towels. I sprinkled with salt and chili powder. They may be oven" fried" by coating with oil and baked at about 400 degrees until brown on one side; turn over and bake until brown on both sides. Sprinkle with Kosher salt and chili powder, if desired. Be sure to cut the strips thinner than you would if cooking potatoes.

Yellow Squash: My all-time favorite yellow squash recipe is for a cold squash soup. You may use either yellow or zucchini, but I think it's best with yellow squash. While it is good hot, it's even better cold, along with a sandwich.

Summer Squash Soup

4 cups summer squash, sliced.

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

Saute 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. Serves 6.

Cabbage: There are lots of things you can do with cabbage, other than coleslaw. Cabbage fritters are a little different; I hope you like them.

Cabbage Fritters

2 1/2 cups cabbage finely chopped or grated.

1/4 cup finely chopped onion.

1/4 cup crumbled cooked bacon.

1/2 cup all-purpose flour

1 t. salt

1/4 t. black pepper

2 eggs, lightly beaten.

1/4 cup vegetable oil

In a mixing bowl, combine all ingredients except oil; mix well. In a large skillet over medium heat, heat vegetable oil. Drop heaping tablespoons of batter into skillet; be sure not to overcrowd. Flatten them out with the back of spoon. Cook 2 to 3 mins per side, or until golden. Remove to a paper towel lined platter, repeat with remaining batter.

John Bliss *from* “**Real Awesome Country Living**”

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