



A Place on Earth CSA Notes, July 21-24, 2021

In your share this week:

Tomatoes; Cherry Tomatoes; Blackberries; Sweet Peppers; Cabbage; Cucumber; Sweet Onion; Summer Squash; Collards; Garlic; Basil; Beets

Summer Squash: As I mentioned last week, we will probably be seeing a lot of yellow and zucchini squash this summer, as it is a prolific garden crop. Last night I was a guest at a party where the host, Lynn Gant March served this casserole with zucchini, but I am sure it would be equally good with yellow squash. While it had more fat in it than I would usually use with vegetables, it did not taste extremely fatty, and was extremely good. It would be a great potluck dish, or side dish for a family of 6-8. Lynn got the recipe from <http://MyFarmhouseTable.com>.

Easy Cheesy Zucchini Casserole

4 cups zucchini, diced into 1-inch pieces
1 cup mayonnaise
1 cup shredded cheddar cheese
2 eggs, slightly beaten
1 teaspoon Pepper
3/4 – 1 teaspoon garlic powder (or substitute fresh minced garlic)
1/4 cup Panko breadcrumbs
1 tablespoon butter, melted

To a pot of boiling water, add the diced zucchini and cook for 3 minutes. Drain and cool. In a bowl, combine the parboiled zucchini, mayonnaise, cheddar cheese, eggs, pepper, and garlic powder. Pour into a greased 1 1/2-quart baking dish.

In another bowl, combine the Panko breadcrumbs with melted butter. Pour breadcrumbs over the top of the casserole. Bake, uncovered, at 350°F for 35 minutes, or until zucchini is fork tender.

Cabbage: We've had cabbage several weeks in a row, and I want to share one of the most unusual cabbage dishes I've seen in ages, provided by my friend Jan Eastburn. She brought them to my house, and I loved them, and proceeded to make them. They remind me a bit of calzones, with a yeasted crust, and filling that includes ground beef and grated/sliced cabbage. Trust me! They were great, and I'll use this recipe again and again. Jan said she had used a store-bought roll dough (Rhodes) to make the runzas, and it was OK, but the homemade dough was better. I think you could also use crescent rolls, rolled thin.

Nebraskan Runzas

Dough:

2 ¼ teaspoons instant yeast
3 tablespoons warm water (baby bottle warm)
5 cups unbleached bread flour, spooned and leveled, plus more for dusting
6 tablespoons sugar
1 teaspoon sea salt
1 ½ cups (baby bottle) warm milk
½ cup unsalted butter, melted
2 large eggs, room temperature
Oil for bowl

Filling

2 tablespoons vegetable oil
1 medium onion, finely diced (about 2 cups)
1 pound ground beef
1 tablespoon Worcestershire sauce
4 cups shredded cabbage
Fine sea salt and freshly ground pepper
1 ½ cups grated extra sharp Cheddar cheese
2 tablespoons butter, melted, for serving

Prepare the dough: In a small cup, combine the yeast and warm water. In a large bowl, combine flour, sugar, and salt. In a medium bowl, whisk together the warm milk, melted butter, eggs, and dissolved yeast mixture. Whisk until smooth. Pour into the flour mixture and stir with a wooden spoon to form a shaggy dough. (This may be done with an electric mixer and dough hook.)

Knead dough with your hand in the bowl until smooth and elastic.

Place dough in an oiled bowl; cover tightly and let rise in a warm place for 30 minutes. Punch the dough down, cover, and let rise for another 30 minutes.

Meanwhile, prepare the filling. In a large skillet over medium-high heat, heat the oil. Add the onion and garlic and saute until soft and just beginning to turn golden, about 5 minutes. Add ground beef and cook until browned, 5 minutes more. Add the Worcestershire sauce and cabbage, and cook until tender, about 8 minutes. Season to taste with salt and pepper. Remove the pan from the heat and allow the filling to cool. Once cooled, stir in the cheese.

Position the oven racks on the upper and lower thirds of the oven and preheat it to 350 degrees. Line 2 baking sheets with parchment.)

To assemble the sandwiches, turn out the dough onto a lightly floured work surface and divide into 12 equal portions. Roll each portion into a ball, then use a rolling pin to form the dough balls into rough 6-inch circles. (If the dough “fights you”, let it rest for 5 minutes and try again.) Place a generous 1/3 cup of filling in the center of each circle. Fold half of the dough over to form semi-circles, and pinch edges together, rolling them up slightly all around the edge. Place

the runzas, seam-side down, on prepared baking sheets. Bake until golden, 20-25 minutes. Let cool on the sheets for 10 minutes; brush lightly with melted butter just before serving. Any leftovers reheat well the next day.

Beets: This week and a couple of other weeks I have received one or two beets. Since I am very stingy with using my stove in summer for just one or two beets, I use my Crockpot. (They taste more like roasted beets when cooked in a slow cooker.) After trimming and cleaning the beets, I put them into the slow cooker, add 2-3 tablespoons water, and cook them on high for 2-3 hours until tender. When cool, the skins usually slip right off, but if not, they are easy to peel with a potato peeler. I serve them with butter, but they are great sliced in salads, or placed in your favorite pickle brine for pickled beets. (Note that they are considered “quick pickles,” and are meant to be used in a week or two, since they could mold if left too long.) They may also be frozen.

Blackberries! I received some incredible blackberries in my box; sweet and juicy, and knew I had to make a little jam. My days of making pints and pints of jam may be over, but it was so easy to make 1 jar of freezer jam that does not take the meticulous sterilizing and processing of jam that is shelf stable. You do need some pectin that is designed for freezer jam, which could include Ball Freezer Pectin. The beauty of this pectin is that you can make one jar of jam/jelly, or several, and the directions are inside the label. You can use little/no sugar (or substitute), or a lot. For the 2 cups of berries, I used 1/2 cup of sugar (or less), mixed with 1 tablespoons of freezer pectin. I’ve never tasted a commercial jam half as good as this!

Directions:

- Wash and stem the fruit and place in a saucepan. Mash the fruit with a potato masher.
- Mix the sugar and pectin thoroughly and stir into fruit. Bring to a boil and stir constantly until all the sugar is dissolved.
- Taste the jam, adding more sugar, and/or a little lemon juice, if needed. If you add more sugar, cook a minute or two longer.
- Pour into sterilized (or dishwasher-washed) jars, leaving ½” headspace (for expansion in the freezer.) Use standard canning straight-sided jars or other straight-sided jars and lids. Cool and store in freezer. Delicious! Makes 3 half-pints.

Note: You can make this jam without pectin, but it may be runny. If you don’t have quite 2 cups fruit, it’s OK to substitute juice.

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.

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