



A Place on Earth CSA Notes, August 4-7, 2021

In your share this week:

Peaches; Eggplant; Potatoes; Green Beans; Tomatoes; Cherry Tomatoes; Blackberries; Sweet Peppers; Cucumber; Onion; Summer Squash; Kale; Garlic; Basil; Broccoli or Cabbage

August! Everything's Divine! We are in the bosom of summer, with all its wonderful and warty days, and I love the August food! During August I make this favorite summer gazpacho over and over. It is refreshing on the hottest days as well as the occasional cool day and contains several things from our CSA boxes. And, the food is raw, made in a food processor.

Green Gazpacho

1 cup seedless green grapes
1 ripe avocado, peeled and pitted
¾ cup peeled and coarsely chopped cucumber
½ cup chopped bell pepper
½ cup chopped scallions (garlic chives, chives, and sweet onions would work, too)
1 ½ cups white grape juice
1 tablespoon fresh lime juice
2 tablespoons chopped fresh mint leaves or lime zest
Salt and white pepper to taste
8 sprigs mint, for garnish

1. Puree the fruit and vegetables in small batches in a food processor, adding white grape juice as necessary to keep the blade from clogging. Do not pure completely; the gazpacho should be chunky.
2. Transfer the mixture to a bowl, and add the remaining grape juice, lime juice, chopped mint or lime zest, and chill at least 4 hours.
3. To serve, ladle the soup into 8 chilled soup bowls or mugs and garnish with mint sprigs. The recipe comes from Julee Rosso & Sheila Lukins, authors of "The New Basics" cookbook, and when the temperature reached 99 degrees, they came up with this recipe, which is a winner. By the way, when you purchase/obtain the green grapes, you can measure one cup portions and freeze them to use later.

Tomato Sauce: A request has been made for a recipe/technique for making tomato sauce with the lovely supply of tomatoes we are receiving. This is a “no-recipe” recipe, because the proportions are so flexible

2 quarts chopped tomatoes (all sizes) or tomato juice*
4-6 cloves garlic, minced
2-4 tablespoons extra virgin olive oil
1-2 onions, chopped (optional)
¼ cup fresh basil, snipped or 2 tablespoons dried OR
4 tablespoons fresh oregano, snipped, or 1 ½ tablespoons, dried
Salt and pepper to taste

Saute onions and garlic in a large pot until fragrant, 2-4 minutes, on low. Add tomatoes/juice; bring to a boil. Reduce heat to simmer, and simmer for 2 hours, or until thick. Add herbs, salt, and pepper, and simmer another 15 minutes.

Sauce may be used or frozen as-is or pureed with an immersion blender. Serve with pasta or freeze in 1-3 cup portions for a future use. Browned ground beef or pork may be added to the sauce, if desired.

***Method 1:** Dip tomatoes—a few at a time-- in boiling water for 1-2 minutes, until skins split. Remove to a colander until cool. Remove cores and skins and quarter the tomatoes into the pot after onions and garlic are sauteed.

Method 2: Puree the tomatoes after cores are removed. The skins are pulverized, and many people do not bother removing them, though the pulp could be run through a Foley Food Mill if you want to remove skins. After adding the puree to the onions and garlic, cook in a Crockpot/Slow Cooker on High 6-8 hours until thick.

Method 3: After tomatoes are pureed, line a colander with paper towels or cheese cloth. Place the colander inside a large bowl and pour the tomato puree in the bowl. The water from the tomatoes will drip through (colorless, but tasty), leaving a thick sauce, with peels very tiny. Place the bowl/colander/tomatoes in the fridge and allow them to drip for several hours or overnight, producing a thick paste. The colorless tomato water may be drunk or used in cooking. Add the thick paste to the onions/garlic, along with the herbs, salt, and pepper. Bring to a boil, and simmer for 15-20 minutes. Use right away on pasta or freeze in increments that suit your recipes.

****Some folks add a grated carrot or 1-2 teaspoons sugar to sweeten the sauce. Use more garlic if you like!**

Squash ‘n Tomato Casserole

2 or 3 yellow or zucchini squash	3-4 tomatoes, sliced thin
1 onion, cut in rings	1 bell pepper, sliced thin (optional)

1/4 cup "plus 3" seasoning*
Salt & pepper to taste

1/3 cup parmesan cheese
2/3 cup buttered breadcrumbs, optional

Slice 1/3 of the squash into a 1 1/2 qt. greased casserole dish, followed by 1/3, each, of remaining ingredients. Continue with 2 more layers, ending with parmesan cheese on top. Cover, and microwave for 8 or 9 minutes, or until squash is tender. Stop and turn the dish every 3 minutes to cook evenly. (The liquid that results from the of microwaved version is heavenly to *drink!*) OR bake as a casserole in the oven, putting breadcrumbs on top and between the layers, for about 30-40 minutes at 350 degrees. Serves 4.

To make a heartier dish, sprinkle buttered breadcrumbs between layers, and bake for 30 minutes at 350 degrees. It's OK to substitute 2/3 cup cheddar cheese, replacing the parmesan.

*Equal parts of celery leaves, parsley, and green onion tops. I keep this made up & frozen for frequent seasoning of vegetables and meats.

Eggplant: It is with a red face that I admit that sometimes I don't cook as much in summer as I do in winter. Many veggies are eaten raw or in salads, or I'll make the quickest version of each dish I can think of, since there are so many other fun things to do. Since I don't eat much meat, this works well for me. This quick eggplant dish is a go-to dish that I use often in summer, and I find it very satisfying. It goes especially well with the tomato sauce, a little extra basil, and cheese of choice. It's another "No Recipe" recipe!

1. Slice eggplant into 1/2" to 5/8" slices and place on a kitchen towel. Sprinkle lightly with salt on each side; allow to sweat for about 20 minutes. It's OK to use fat or skinny eggplant, using the number of slices each person is likely to eat.
2. After sweating the eggplant slices, rinse and dry them with another towel. Beat an egg with 1-2 tablespoons milk and dip the slices in the egg wash.
3. Mix dry breadcrumbs with dried herbs of choice: basil, oregano, dill, plus salt and pepper. After dipping eggplant slices in egg wash, dip them in the dried bread crumb mixture. Place in a hot skillet with a little oil. Cook on medium until browned on both sides.
4. Remove extra fat from skillet. Pour tomato sauce over each eggplant slice, topped with grated /sliced cheese of choice: Parmesan, Asiago, Gouda; your choice. Garnish with fresh basil if desired. Serve and enjoy!

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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