

Farm Updates:*Tomatoes; ½ Way Through the CSA Season*

As we near Labor Day, you can count on finally seeing tomatoes in the valley. We have the first real tomatoes of the season making it into the boxes today. Even with a hot summer, tomatoes in Leavenworth are slow to ripen. I really believe it is the long days of our Northern latitude that keep the tomatoes green on the vine for so long. As the day length shortens, the tomatoes are finally pushed into believing that their days in the sun are numbered and decide to ripen and make viable seed. Thank goodness! We have been waiting for them all year.

This season, we re-seeded from scratch; we ordered new tomato seed from a seed catalog. In the past we have always saved our tomato seed and planted it out year after year. Since we have not been very careful about exclusion, we have ended up with some interesting crosses...not all of them with desirable qualities. However, after harvesting true Italian Heirlooms this season again after having several years of mutt crosses of Italian Heirloom and Brandywine, I am missing the flavor of the mutts. The Brandywine really gave a special deep zing to the Italians that is now missing. I am wondering if we really did ourselves a favor by starting over. No more Brandywines crossed with Cherokee Purples. No more Cherokee Purples crossed with Amana Orange....I think in the future, we will go back to planting out some of our own crosses along with the 'true' seed from a package. It makes life a little more interesting and flavorful.

On the wilder side...huckleberry and elderberry season is starting as is the sockeye salmon season on Lake Wenatchee. Crabbing is in full swing in the Puget Sound too. If you can, get out and enjoy the harvest of these wild treasures. We live in a bountiful region where wild foraging was a way of life for all of our native ancestors. From the sound to our valley, native people traversed mountain passes from season to season following the flow of food. We are fortunate to be here too.

In The Share This Week:

Tomato, Kale, Cucumbers, Eggplant, Zucchini, Potatoes, Carrots, Turnips, Beets, Basil, Sweet Onions, Garlic and maybe a surprise or two

Sorry, No Salad Again This Week....Soon!

Summer Nights Eggplants From Allrecipes.com



Rated: ★★★★★

Submitted By: LIOTAKI

Photo By: LynnInHK

Prep Time:

20 Minutes

Cook

Time: 30

Minutes

Ready In:

50 Minutes

Servings: 4

"Eggplant is stuffed with sautéed eggplant, onion, peppers and bread crumbs, then topped off with some feta cheese and baked. I named it after the long summer nights I spent with my family on the balcony eating this tasty recipe, because at this season in Greece we have plenty of eggplants and cook them in various ways."

INGREDIENTS:

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|------------------------------|---|
| 2 large eggplants | 1 green bell pepper, seeded and chopped |
| 1/2 cup olive oil for frying | 1 tablespoon chopped fresh parsley |
| 2 medium onions, chopped | salt and pepper to taste |
| 2 cloves garlic, minced | 4 cups dry bread crumbs |
| 2 small tomatoes, chopped | 1 cup crumbled feta cheese |

DIRECTIONS:

1. Remove the leaves from the eggplants, and slice in half lengthwise. Carefully scoop out the centers of the eggplants, leaving a half-inch shell so they resemble 'canoes'. Cut the center portion into small pieces, and set aside.
2. Preheat the oven to 350 degrees F (175 degrees C).
3. Heat the oil in a large skillet over medium heat. Add the onions and garlic, and sauté for a few minutes, until tender. Add the eggplant pieces, and cook until soft, about 5 minutes. Then, stir in the tomato, green pepper, and parsley. Simmer for about 10 minutes.
4. Remove from the heat, and transfer to a large bowl. Stir in the bread crumbs until evenly blended. Divide the mixture evenly between the four eggplant shells. Sprinkle feta cheese over the top. Place the eggplant halves on a baking sheet.
5. Bake for 15 to 20 minutes in the preheated oven, until the tops are browned and the cheese is melted. Serve hot or cold. I prefer them chilled.

Turnip Salad From Allrecipes.com

Rated: ★★★★★



Submitted By: Cathy

Photo By: railgal

Prep

Time: 15

Minutes

Cook

Time: 15

Minutes

Ready In: 13

Hours 50

Minutes

Servings: 7

"Turnips are a beautiful root vegetable and add a lovely woodsy taste to this salad. They go perfectly with the green apples and pineapple chunks, and when the dressing is added, the whole salad comes alive."

INGREDIENTS:

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|---|----------------------------------|
| 4 turnips, peeled and chopped | 1/2 cup white sugar |
| 1 bunch green onions, chopped | 1/4 cup vegetable oil |
| 2 Granny Smith apples - peeled, cored and chopped | 1 tablespoon water |
| 4 slices canned pineapple, chopped | 1 teaspoon salt |
| | 1/4 teaspoon ground black pepper |

DIRECTIONS:

1. Bring a large pot of salted water to a boil. Add turnips and cook until tender but still firm, about 15 minutes. Drain, and cool.
2. In a large bowl, combine the turnips, green onions, apples, pineapple and sugar. Stir to evenly coat with the sugar.
3. Whisk together the oil, water, salt and pepper. Pour dressing over fruit and vegetables. Toss and refrigerate overnight.

Turnip with Coconut From Allrecipes.com

Rated: ★★★★★



Submitted By: rubiabecka

Photo By: sueb

Prep Time:

10 Minutes

Cook

Time: 10

Minutes

Ready In:

20 Minutes

Servings: 4

"Turnips and turnip greens are cooked with onion and mustard seeds and finished with coconut in this Indian side dish."

INGREDIENTS:

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|-----------------------------|---------------------|
| 2 tablespoons vegetable oil | 1 teaspoon paprika |
| | 1 teaspoon turmeric |

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| 1/2 teaspoon mustard seed | 1/2 teaspoon salt |
| 1/4 teaspoon asafoetida powder | 2 tablespoons water |
| 2 turnips, quartered and sliced thinly | 1 tablespoon shredded coconut |
| 4 fresh turnip leaves, chopped | |
| 1/2 onion, minced | |

DIRECTIONS:

1. Heat the oil in a skillet over high heat; cook the mustard seeds in the hot oil until the seeds no longer are crackling. Stir the asafoetida powder into the mustard seeds; add the turnips, turnip leaves, and onion to the skillet. Season the mixture with the paprika, turmeric, and salt. Pour the water over the mixture, place a cover on the skillet, reduce heat to medium, and cook until the turnip is cooked yet remains crunchy, 5 to 7 minutes. Return heat to high to cook off any excess water. Mix the coconut into the mixture just before serving.

Creamy Zucchini

Rated: ★★★★★



Submitted By: Denyse

Photo By: sybil

Prep Time:

25 Minutes

Cook

Time: 25

Minutes

Ready In:

50 Minutes

Servings: 6

"Zucchini is prepared with a cream sauce. Corn, tomatoes and onion round out this exciting summertime dish that works well as both a side dish and a sauce for noodles."

INGREDIENTS:

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|----------------------------|--|
| 1 tablespoon vegetable oil | 1 tablespoon crushed garlic |
| 1/2 red onion, sliced | |
| salt and pepper to taste | 1 (14.5 ounce) can diced tomatoes |
| 1 pound zucchini, sliced | 1 (15.25 ounce) can whole kernel corn, drained |
| | 1/2 cup heavy cream |

DIRECTIONS:

1. Heat oil in a large saucepan over medium heat. Stir in red onion, salt and pepper, and cook about 5 minutes, until onion is tender. Stir in zucchini, and cook 3 to 5 minutes. Mix in garlic and tomatoes. Continue cooking, stirring occasionally, until the mixture comes to a boil.
2. Stir corn and cream into the mixture. Reduce heat to low, and continue cooking, stirring occasionally until thick and bubbly, 15 to 20 minutes.

