



KEEWAYDIN NEWS

Farmer Aurora with Harvest Crew in the background, Last Weeks Flower Share, Turnips from the field, in last weeks box

August 24 / Week 13

What's in the Box

Patty Pan Squash

Tomatoes

Cucumber, Slicer

Red Onion

***Serrano Peppers
(hot) sml***

***Hot Wax Peppers
(Mild) lrg***

Radishes

Salad Mix

***Basil Bouquet
(Purple, Green,
Lime)***

Green Beans

Tomatillo

Tomatillo Salsa Verde Recipe

Ingredients

- 1 1/2 lb tomatillos
- 1/2 cup chopped white onion
- 1/2 cup cilantro leaves
- 1 Tbsp fresh lime juice
- 1/4 teaspoon sugar
- 2 Jalapeño peppers OR 2 serrano peppers, stemmed, seeded and chopped

Salt to taste

Method

1 Remove papery husks from tomatillos and rinse well.

2a Roasting method Cut in half and place cut side down on a foil-lined baking sheet. Place under a broiler for about 5-7 minutes to lightly blacken the skin.

2b Boiling method Place tomatillos in a saucepan, cover with water. Bring to a boil and simmer for 5 minutes. Remove tomatillos with a slotted spoon.

2 Place tomatillos, lime juice, onions, cilantro, chili peppers, sugar in a food processor (or blender) and pulse until all ingredients are finely chopped and mixed. Season to taste with salt. Cool in refrigerator.

Serve with chips or as a salsa accompaniment to Mexican dishes.

Makes 3 cups.

Tomatillo Salsa

Ingredients:

2 Anaheim chile peppers, roasted, peeled, and chopped

1 pound fresh tomatillos, peeled, stems removed, about 10 to 12

2 fresh Serrano chiles, cut in half

1/2 cup chopped onion

1 medium clove garlic, minced

1/4 tablespoon chopped fresh cilantro

1 teaspoon olive oil

1 teaspoon lime juice

1/4 teaspoon salt

Preparation:

Pulse tomatillos in food processor until coarsely chopped. Add peppers and next 3 ingredients; pulse until small dice, but do not over process. Pour into a serving bowl. Stir in the olive oil, lime juice, and salt until well blended. Cover and chill.

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie. ~Jim Davis

Try the lime basil in your salsa recipes !

Honey Lime Basil Dressing

1 oz basil leaves, torn (use the basil bouquet)

Almost 1 cup organic pure honey

1 small clove garlic, minced

1/4 cup apple cider vinegar

1/8 tsp salt

Juice from one lime (to taste)

Mix or liquefy all ingredients in blender, adjust flavor.

**Please RSVP by
September 7th if
you can make it
to this years
Harvest
Celebration!**



Many ways to Cook Summer Squashes

Skillet Summer Squash

A really quick way to cook summer squash is to cook it in a skillet with a bit of oil.

- Heat a couple of TBS of vegetable or olive oil in a skillet.
- Saute some onions and/or celery and garlic as the oil is getting hot.
- Add about 3 cups of chopped summer squash and a fresh tomato to the skillet along with salt, pepper, and parsley or basil.
- Bring to a boil. Cover and simmer for 10 minutes.

Skillet squash is yummy covered with cheese. Just add cheese. Cover again - just long enough for the cheese to melt.

Fried Summer Squash

- Put about a cup of flour, salt and pepper to taste (a tsp each is good for starters) in a brown paper sandwich bag. Slice squash pretty thin and put in the bag and shake. Refrigerate for 20 minutes or so.
- Heat oil in a frying pan to around 350 degrees F. You don't need a lot of oil - around 1/4 inch. Lay squash in a single layer in

- the oil. Brown. Flip. Put on paper towels to drain. These are a bit like potato chips but made with squash.

Baked Summer Squash

Small Summer Squash can be cooked whole larger ones can be cut in half or sliced

- Mix 2-4 Tbs Oil with 1/2 cup chopped onion and a few garlic cloves and seasonings you like.
- Pour over Summer Squash add 1/4 to 1/2 cup water
- Cover and bake at 350 till soft and juicy.

Raw Summer Squash

If you're only cooking summer squash, then give it a try raw. It's really good. Let's call summer squash the new broccoli. Make up your favorite vegetable dip and use young summer squash as dippers. Or toss squash in a mixed salad. Again, it's better to use young squash. For a more exotic taste, combine fresh tomato chunks with summer squash, drizzle with olive oil and favorite sea-

sonings like garlic, cilantro, lemon-pepper, or an all-purpose seasoning salt .l

Grilled Summer Squash

It's hard to beat fresh summer squash on the grill.

- The easiest way to grill squash is to slice it lengthwise. Slices should be a quarter to a half inch thick.
- Brush slices with Italian dressing (not the creamy type - the oily type).
- Lay squash slices on the grill over medium heat. Brown lightly. Turn. Brown again. You want grill marks but do not want to burn the squash. Squash is also great threaded for shishkabobs. Combine with tomatoes.



The Squash Blossom, also edible!