



KEEWAYDIN NEWS

Yellow Patty Pan Squash, Our Office where the paper trail of farm work happens, flowers in the field

September 7th / Week 15

What's in the Box

**Broccoli*

**Salad Mix*

**Radishes*

**Celery*

**Patty Pan Squash*

**Lacinato Kale*

**New Potatoes*

**Green Pepper*

**Tomatoes*

**Green Beans*

**Ground Cherries*

**Parsley*

**Dill*

**Thyme*

A few quick notes

-The ground cherries look like miniature tomatillo's but taste like an exotic melon. Just pop them out of the husk and into your mouth or add to a salad or fresh salsa.

-I recently discovered I can add cooked Patty Pan or other summer squash to mashed potatoes. It sweetens the potatoes and the kids

don't even know they are eating them!

-If you have any recipes you would like to share please email them to me at csa@keewaydinfarms.com

-Remember, if you need to contact your site host their contact info is on the Calendar I sent to everyone, which is also posted on our website.

-In an effort to save labor on labor day a short newsletter this week.

Kale Frittata

Ingredients

3 1/2 tablespoons olive oil
1 small red onion, halved and sliced into half moons
4-5 oz. lacinato kale, sliced cross-wise into ribbons
5 large eggs
1/2 cup shredded sharp cheddar cheese
Salt

Directions

1. Over medium heat in a heavy 10-inch, broiler-safe skillet (not non-stick), heat the olive oil and add the onion, cooking until softened but not browned. Add the kale, an additional tablespoon of olive oil, and a couple pinches of salt. Stir until the kale begins to wilt, then cover, reduce the heat to low, and cook for 15-20 minutes. Stir occasionally.

2. In a medium bowl, beat the eggs well with a fork, then beat in the shredded cheese and a pinch of salt.

3. When the kale mixture is tender and caramelized, remove from the skillet and let cool slightly, then whisk into the egg mixture. Add 1/2 tablespoon oil to the pan, and pour the mixture back into the skillet over low heat, spreading out the kale evenly. Cook over low heat until the top just barely begins to set. In the meantime, preheat your broiler.

4. Cook for 30-60 seconds under the broiler, until the top is gently browned. Serve warm or at room temperature.