



KEEWAYDIN NEWS

Summer CSA,, Gorgeous Lilies, and a Bin full of Basil

August 31 / Week 14

What's in the Box

- *Salad Mix with edible Nasturtium flowers***
- *Broccoli OR Cauliflower***
- *Sweet Corn***
- *Radishes***
- *Eggplant***
- *Tomatoes Mix***

****Red/Green Pepper***

- *Yellow Italian Sweet Pepper***
- *Jalapeno Peppers***
- *Green Beans***
- *Dill***
- *Basil***
- *Oregano***

The Purple Cabbage is in a separate box don't forget to grab one!

MANGO SALSA

Try something new pickup a mango the next time your at the store and try this recipe!

- 1 large mango, peeled, cut in 1/4 in cube
- 1/4 cup red bell pepper, cut in 1/4 in dice
- 1 1/2 T fresh basil, finely chopped
- 1 1/2 tsp red wine vinegar
- 2 teaspoons lime juice
- 1/2 tsp Sugar
- 1 jalapeno pepper, seeded and finely chopped, or to taste

In a medium bowl, combine all ingredients. Mix well. Let stand at room temperature a half hour before serving or refrigerate up to 24 hours. Fresh salsa use within 24 hours.

Newsletter Week 9 - has directions on drying herbs; dill, basil, and oregano all dry very well!

Newsletter Week 12 - recipe for drying hot peppers.

We come from the earth,
we return to the earth,
and in between we garden.

—Author Unknown



Rainbow Rotini Salad

INGREDIENTS

- 1 (16 ounce) package colored rotini pasta
- 2 tomatoes, chopped
- 1 green bell pepper, chopped
- 1 onion, chopped
- 1 large cucumber, chopped
- 1 cup broccoli florets
- 1 cup fresh sliced mushrooms
- 1 (8 ounce) bottle Italian-style salad dressing
- 1 cup black olives, pitted and sliced

DIRECTIONS

Bring 4 quarts of water to a rapid boil (2 teaspoons of salt can be added, optional). Add rotini. Return water to rapid boil and cook uncovered, stirring frequently, for about 10 to 12 minutes. Drain. Rinse in cold water.

Combine cooked pasta with tomatoes, green bell pepper, onion, cucumber, broccoli, mushrooms, olives and Italian salad dressing. Cover and chill. Toss salad before serving.



A rainbow of Tomatoes. Heirloom Tomatoes Brandywine, Cherokee Purple, Hillbilly Potato Leaf, Saladettes, Zebra Paste Tomato, Red Slicers not pictured Yellow Slicers. You may have received any combination of tomatoes. The Heirloom tomatoes are from seed I saved myself last year. I'm proud to see my babies all grown up!

Roasted Eggplant Hummus

INGREDIENTS

- 1 eggplant, cut into 1/2-inch slices
- 2 tablespoons olive oil
- 2 cloves garlic, peeled and thinly sliced
- 1 (15 ounce) can garbanzo beans, drained
- 1/2 teaspoon salt

DIRECTIONS

Preheat oven to 350 degrees
Grease a baking sheet.
Place the eggplant slices on the prepared baking sheet, and brush them generously with olive oil. Place garlic slices on top of the eggplant.

Bake the eggplant in the preheated oven until soft and golden brown, 15 to 20 minutes.

Place the roasted eggplant slices and garlic into the work bowl of a food processor with the garbanzo beans and salt, and process until smooth. Use as a dip with crackers or pita bread or as a sandwich spread.



Eggplant comes in a variety of colors, sizes and shapes you may have received black, green, light purple are striped. Most are roundish but the purple Asian variety is an elongated shape. They all taste the same though, so try Eggplant fried up with butter and garlic and onion on a sandwich. YUM!