

High Meadow Farm CSA

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Week 8

August 2, 2011

In this week's box:

Cilantro
Corn
Cucumbers
French Fingerling potatoes

Green peppers
Patty pan squash
Thai Basil
Yellow beans

The bread this week is "baker's surprise"! (I won't know until it arrives!)

Wow! This past July was a hot one! It seems like we always intended to start early and take a break during the hot part of the day, but so far that has only happened once or twice.; we start early but keep on through the day, wishing for a slightly wider brim on our hats and a few clouds to pass under the sun. We were happy to have had a +inch of rain though, and happy to have missed the 10" deluge that Dubuque had! The rain has made a tremendous difference in the veggies' dispositions. Everything is growing well, although I must say it is a very different growing season than I can remember for a while. Our tomato plants are loaded, but just not quite ripe enough to pluck from their vines. It is torture walking past these fabulously delicious heirloom tomatoes daily and barely a ripe one to snatch! I am sure that you are all anxious for your first tomatoes, too. Don't worry, they can't hold out much longer, you will have them soon!

The Patty Pan's just keep coming! Last night, we chopped some up and added them to some chopped cabbage for a quick cole slaw salad with a little salt, pepper and Mayonnaise, proving again that good veggies don't have to have a lot of other ingredients to make them into a delicious salad or meal in a very short time. The Patty pans are delicious raw, but are also super easy to just sauté quickly in a pan with little oil or butter and eat or use in a roll-up or sandwich. There is no "only" way to use veggies. Just enjoy and know that they are healthy, safe and fun to be creative with.

This week you will find **Thai basil and cilantro** in your boxes. Thai basil has a bit of a licorice flavor to it. I was very excited to find this recipe that uses so many of my favorite things and so many of the things in this week's box! I can't wait to try it. Around here, we believe that if there is coconut milk in it, it's got to be good anyway!

Squash and Corn in Coconut Milk With Thai Basil

The Washington Post

Ingredients:

- 1 tablespoon grapeseed oil
- 3 medium patty pan squash, cut into 1/2-inch dice (about 3 cups)
- 1 medium onion, cut into small dice
- Kernels from 2 ears of fresh corn
- 2 to 4 jalapeño peppers, stemmed, seeded and minced
- 3 medium cloves garlic, minced
- 1/2-inch piece peeled ginger root, minced
- 5 scallions, white and light-green parts only, cut crosswise into thin slices
- 15 ounces (1 can) low-fat coconut milk
- 1/2 cup water
- 1/4 cup chopped cilantro, plus more for optional garnish
- 1/4 cup chopped Thai basil, plus more for optional garnish
- Salt
- Freshly ground black pepper
- 1 cup shredded cooked chicken (optional)
- 3 cups cooked basmati rice, warmed, for serving

Directions:

Heat the oil in a large skillet over medium heat. Add the squash and onion; cook for about 6 minutes, until tender. **Add** the corn, jalapeños (to taste), garlic, ginger and scallions to the pan, stirring to incorporate. **Stir** in the coconut milk and water, and then add the cilantro and basil. **Season** with salt and pepper to taste. Cook for 3 to 5 minutes, until the corn is heated through. Add the chicken, if desired, and stir to incorporate.

Divide the rice among individual plates, and then top with equal amounts of the squash mixture. Garnish with jalapeños or additional herbs, if desired. Serve right away. 4 servings

Recipe Source: Adapted from "Local Flavors," by Deborah Madison (Broadway, 2002).

Speaking of Thai- this salad recipe was submitted by one of our members, Mike O. It sounds delicious as is if you have then ingredients, but it could probably be modified to use what you have on hand, too; substituted green peppers for jalapeño or add a little Thai Basil, perhaps?

Thai Cucumber Salad

Serving size: 4 - 6

INGREDIENTS

2 each cucumbers, peeled, halved and seeded -- (large cukes)
1 tablespoon salt
2/3 cup water
1/4 cup sugar
1/2 cup rice vinegar

1/4 cup julienned carrots
3 1/8 tablespoons cilantro -- chopped finely
2 tablespoons red pepper
2-4 finely diced jalapeno peppers, seeded and thin sliced (to taste)
2 1/4 teaspoons fresh ginger, minced
2/3 teaspoon garlic - minced

DIRECTIONS

1. Slice cucumbers thinly into half-moons. Sprinkle with salt and refrigerate for 1-2 hours. Rinse cukes and pat dry.
2. Meanwhile, bring water and vinegar to boil. Add sugar and dissolve. Cool.
3. Pour vinegar mixture over cucumbers and toss with all remaining ingredients.

Green Peppers this week are sweet and juicy. Chop them finely to add to salads, larger for stir fry's or leave whole and stuff them. Peppers can easily be chopped, bagged and frozen for future use with no blanching necessary!

I found this recipe online-

Garlic Green/Yellow Beans

This recipe is easy to change around to suite your taste. Other fresh herbs would be wonderful as well. Make sure you add adequate amounts of sea salt (it brings out all of the flavors).

About a pound of green or yellow green beans

3 Tablespoons of extra virgin olive oil

3 garlic cloves, minced

2 heaping tablespoons fresh, minced basil

1 Tablespoon Balsamic Vinegar

Sea salt and pepper to taste

1- With a stainless steel, steamer basket, placed in a pot with lid, bring a few inches of water to boil. Add green/yellow beans and reduce heat and steam for about 7 minutes.

2-Meanwhile, in a small saucepan, heat olive oil until hot, and add garlic. Watching closely, and stirring, allow the garlic to brown slightly, and then take off of the heat.

3- Add the vinegar and some salt (about 1/2 teaspoon) and freshly ground pepper.

4-In a pretty bowl, place the steam green beans and the basil. Toss with the garlic oil and vinegar dressing. Adjust the flavors with salt, oil and vinegar as needed (which shouldn't be much) and serve.

French Fingerling Potatoes

Rumor has it that the man responsible for these little heirlooms being introduced here was in France to purchase a race horse and raved about the potatoes. When he returned with the horse, one potato, which he planted, was found in the bottom of its feedbag. They are also called "nose bag" potatoes for that reason. They are best roasted or sautéed, and never peeled! The skins are delicate and delicious. Boiling them does not allow the delicate flavor to shine, so try adding them to a roast, grilling them or pan-cooking them. Just cut the larger ones in half so they are similar sizes to the little ones.(Many have a pretty pink center).

As of July 15, 2011, our vegetables and wild crops are fully certified organic.

