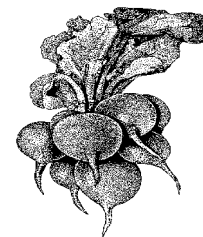


Lettuce Connect

East Farms CSA Newsletter

August 2, 2006



Message from Jeremy

Hopefully we will have peaches in your box this week. Look for melons coming soon.

Care and Storage

Do not store your potatoes and onions together. The potatoes will give off gases that will rot the onions.

Onions should be stored in a cool, dry area with good air circulation.

Refrigerate ripe peaches in a plastic bag for up to 5 days. Bring to room temperature before eating.

Vegetable History

The ancient Incas cultivated the lowly potato thousands of years ago. Europeans being skeptical of plants from the nightshade family (tomato and eggplant) did not readily accept potatoes into their diet for fear of being poisoned. The 16th century rolls around and along comes Sir Walter Raleigh. He proved this rumor erroneous when he planted potatoes on his property in Ireland.

Interestingly, sweet potatoes and yams are not related to the regular old potato.

Food For Thought

"Let us not forget that the cultivation of the earth is the most important labor of man. When tillage begins, other arts will follow. The farmers, therefore, are the founders of civilization." Daniel Webster

A six ounce potato contains about 120 calories. They are low in sodium, full of potassium, complex carbohydrates, vitamin C, vitamin B-6 and various minerals.

Cooking Tips

Yukon Gold potatoes have a skin and flesh that ranges from buttery yellow to golden. These boiling potatoes make excellent creamy mashed potatoes. Mash them with some roasted garlic and you've got the ever popular garlic mashed potatoes.

Featured Recipes

Orzo Salad with Capers, Corn, Red Onion, and Peppers

This would be great for a picnic.

2 quarts water
salt
1 1/2 cups orzo
5 tbsp olive oil
2 ears corn, husks and silk removed
1/4 cup lemon juice
1 tsp grated lemon zest
freshly ground pepper
1 small red onion, diced
3 scallions, white and green parts thinly sliced
1 small red bell pepper, diced
1/4 cup capers, rinsed
2 tbsp chopped fresh parsley
lemon wedges as garnish
parsley leave as garnish

In a large saucepan, bring the water and 1 tbsp salt to a boil. Add the orzo and cook until tender, about 5 minutes. Drain the orzo and immediately toss with 1 tbsp of the olive oil. Let cool completely in the refrigerator. Bring a large saucepan of salted water to a boil. Add the corn and cook, turning occasionally, until done, 5 minutes. Remove and let cool. Using a knife, cut the kernels off the cob and reserve. Discard the cobs.

In a large bowl, whisk together the remaining 4 tbsp olive oil, lemon juice, and lemon zest. Season with salt and pepper. Add the corn, red onion, scallions, red and yellow bell peppers, capers, and

parsley. Add the orzo and stir together. Season with salt and pepper.

To serve, place the salad in a serving bowl and garnish with lemon wedges and parsley leaves.

Serves 6.

Weir Cooking in the City, Joanne Weir

Baked Eggplant with Feta Cheese and Tomatoes

4 eggplants
1/3 cup olive oil
salt and freshly ground pepper
4 tomatoes, peeled, seeded and chopped
2-3 ounces feta cheese
bunch of oregano

Preheat oven to 375 F. Slice each eggplant lengthwise in half and score the cut sides in a crisscross pattern. Heat 3 tbsp of the oil in a large skillet. Add the eggplant, cut sides down, and fry over medium-high heat until golden. Fry the second sides for a few minutes, then remove to a plate and season with salt and pepper. Wipe out the pan. Heat 1 tbsp fresh oil in the skillet, add the tomatoes, and cook over medium-high heat until they have broken down into chunky sauce, 5 -10 minutes. Season with salt and pepper to taste. Set the eggplants, cut sides up and snuggled side by side, in a baking dish. Crumble the cheese over the tops, spoon the tomato over the cheese, and sprinkle with the oregano. Cover and bake until the eggplant is tender, about 40 minutes. Uncover and bake 5 minutes more.

Sweet Corn, Tomato and Cucumber Salad

6 large ears of fresh corn
2 large ripe tomatoes, seeded and chopped into 1/2" cubes
1 medium cucumber, chopped into 1/2" cubes
1 small onion, finely chopped
1/3 cup finely chopped fresh cilantro
2 tbsp fresh lemon or lime juice
2 tbsp basic vinaigrette
Salt and freshly ground pepper

Place corn in a large pot and add 2" cold water. Bring to a boil and cook until tender, about 5 minutes. Drain and cool the corn. Cut each ear in half. Stand each half ear on end, and cut the kernels. Combine corn, tomatoes, cucumber, onion, parsley and cilantro in a large bowl. Add the lemon juice and toss with vinaigrette. Season with salt and pepper. Cover and refrigerate until chilled, at least 2 hours or up to overnight. Serve chilled.

Making Contact

If you have any questions, concerns or comments, please contact Shay or Jeremy East at 801-525-2219.