



Recipe Edition

Hopefully you are enjoying the summer veggies and are finding delicious uses for them. This week the newsletter focuses on extra recipes and ideas for making the most of the summer bounty. Don't forget about pickling and preserving to extend the harvest into the winter.

Box 11 Items

Sweet Corn: Summer is still here as long as there is sweet corn.

Red Celery: This red celery is great for cooking in a soup or sauce.

Beans: Mix of green and yellow beans

Peppers: Green bell and banana peppers. Both are sweet and would be a perfect addition to the summer roasted veggie recipe below.

Summer Squash: Small star shaped squash are called pattypan. You can prepare them like zucchini or core them to fill with nuts and cheese and roast in the oven.

Cucumber: Use slicer cucumbers in the Panzanella or easy cucumber salad recipes below.

Tomatoes: Great for salsa, sauce, salads, soup, or roasted.

Eggplant: (Full shares): Our beautiful plants are slow to produce fruit but hopefully we will have enough for everybody soon.

Basil: Perfect pairing with tomatoes and the other summer veggies.

Red Onion: This large onion is good for at least two recipes.

Recipes

Tarragon Potato Salad

2 ½ lbs new potatoes
3 Tablespoons apple cider vinegar
2 Tablespoons Dijon mustard
1 teaspoon honey

1/3 C olive oil
Kosher salt and fresh ground black pepper
2 Tablespoons chopped fresh Tarragon

Steam potatoes, covered, in a metal steamer basket set in a large pot over boiling water until tender about 20–30 minutes depending on size. Transfer to a plate and let cool.

Whisk vinegar, mustard, and honey in a large bowl. Whisking constantly, gradually add oil. Whisk until emulsified. Season with salt and pepper. Set 3 Tbsp. vinaigrette aside for drizzling.

Halve potatoes and add to bowl with vinaigrette. Add tarragon and toss to coat; season with salt and pepper. Transfer to a platter. Drizzle with reserved vinaigrette.

Cabbage Rolls

2 teaspoons butter	1 cup chopped yellow onions
1 cup chopped yellow onions	2 teaspoons chopped garlic
1 teaspoon minced garlic	1/2 pound ground beef
1 (28-ounce) can chopped tomatoes and their juices	1/2 pound ground pork
3/4 to 1 cup cream	1 cup cooked long-grain white rice
1 tablespoon apple cider vinegar	1 teaspoon Italian seasoning
1 tablespoon sugar	1/2 teaspoon salt
1 head cabbage, cored and scalded in hot water until soft and easy to separate	1/4 teaspoon ground black pepper
2 teaspoons unsalted butter	1 egg

Preheat the oven to 350 degrees F.

To make the sauce, melt the butter in a saucepan over medium-high heat. Add the onions and cook, stirring, for 3 minutes. Add the garlic and cook, stirring, for 1 minute. Add the tomatoes and cream and simmer, stirring occasionally, for 5 minutes. Add the vinegar and sugar and simmer, stirring occasionally, until the sauce thickens, about 5 minutes. Remove from the heat and adjust the seasoning to taste.

Separate the cabbage leaves and remove the hard spine from each leaf. Spread on paper towels and pat dry. Set aside.

To make the stuffing, in a medium skillet melt the butter over medium-high heat. Add the onions and cook, stirring, until very wilted and starting to caramelize, about 5 minutes. Add the garlic, and cook, stirring, for 1 minute. Remove from the heat and let cool slightly.

Lay the cabbage leaves, rib side down, on a flat work surface. Spread a thin layer of the sauce over the bottom of a baking dish. In a large bowl, combine the beef, pork, rice, Italian seasoning, salt, pepper, egg, and cooked onions. Mix well with a heavy wooden spoon or your hands.

One at a time, spoon the filling into the center of the cabbage leaves, about 1/4 cup in each, depending upon the size of the leaves. Roll each into a neat cylinder and place in a layer on the sauce in the baking dish. Repeat with the remaining ingredients, stacking the cabbage packages, as necessary. Pour the remaining sauce over the rolls, cover tightly with aluminum foil, and bake until the meat is cooked through and the rolls are tender, about 2 hours. Remove from the oven and serve the rolls with the sauce spooned over the top.

Easy Cucumber Salad

2-3 Cucumbers
½ Red Onion
2 Tablespoons sugar
1 Cup herb vinegar (or apple cider)

½ Cup olive oil
Salt and fresh ground pepper
Chopped fresh dill

Cut the ends off the cucumbers and peel alternating strips. Slice the cucumber in half lengthwise and scrape out seeds if desired. Cut into half circles. Peel and slice onions.

Whisk together the vinegar, sugar, salt and pepper, dill, and olive oil until combined. Add the cucumbers and onions and refrigerate at least 2 hours or overnight.

Roasted Summer Veggies

2 Summer squash
1 Green bell pepper
2 Banana peppers
1 Red onion
1 Eggplant

2 Tablespoons olive oil
1 Tablespoon minced garlic
1 teaspoon kosher salt
½ teaspoon black pepper
Sprig of thyme

Preheat the oven to 375 degrees.

Trim the ends of the summer squash and cut them diagonally into ¾ inch slices. Cut the peppers lengthwise into 1 1/2 inch wide slices. Peel onion and slice into ¼ inch thick rounds leaving the slices intact.

Place the veggies in groups on a sheet pan. Drizzle with the olive oil and garlic and toss gently to coat veggies. Spread the veggies into one layer so they are not crowded on the sheet pan. Sprinkle with salt, pepper and sprigs of thyme. Roast for about 15 minutes and then turn each piece and put pan back in oven for another 5-10 minutes until the veggies are crisp and tender. Sprinkle with salt and pepper and serve hot or at room temperature.

Panzanella

1 Lb day old focaccia with crust cut into cubes about 6 cup
2 Large heirloom tomatoes diced
2 Cucumbers peeled, seeded, and cut into half moons
½ Red onion quartered and thinly sliced

½ Cup Olive Oil
¼ Cup red wine vinegar
Salt and pepper
Basil leaves, torn

Combine the bread, tomatoes, cucumbers, and onion in a large serving bowl. Drizzle the olive oil and vinegar over the salad, stirring or tossing to mix well. Season with sea salt and pepper and toss again. The salad can be dressed up to 2 hours in advance and set aside at room temperature. Just before serving, tear the basil leaves and scatter them over the salad, then toss again.