



## Cascade Farm CSA Harvest Notes

Thursday, August 6<sup>th</sup>, 2009

### Vegetables for Harvest

**Garlic**  
**Zucchini**  
**Yellow Squash**  
**Cucumbers**  
**String Beans**  
**Purple Top White Globe Turnips**  
**Tosceno Kale**  
**Mixed Lettuce Greens**  
(Purple Mizuna, Red Leaf & Green Oakleaf Lettuce)  
**Basil**

### News from the Farm

I would like to start this week's newsletter by thanking those who came to volunteer this week. Your help has been crucial in getting this week's vegetables harvested on time. You will notice that the greens are light this week. This is because the swiss chard has leaf spot (a bacterial infection), and because we figured that by now many of you are feeling a little too challenged by lots of collards and kale! You will, however, be able to take as many cucumbers and large zucchini as you can fit in your bags. We have an abundance of these crops, and we encourage you to get into some pickling and freezing to be able to continue eating these into the winter. We have more than we can deal with, so please don't hesitate to take all that you can use. You will also receive garlic that we have been curing for the past several weeks. As I wrote last week, peppers and eggplant are coming along well, though a bit late, and we are looking forward to harvesting them in the next few weeks (if we continue to get some heat!) Next week we will be adding potatoes to the mix, and we hope to be able to distribute onions as well. We are allowing the carrots and beets that we thinned last week to mature a bit more before we distribute them. We look forward to seeing you all at this week's distribution

**PRESERVING BASIL** in the freezer is easy. Cut stems from leaves. Wash and dry two cups packed leaves (I use a lettuce spinner). Chop with 2 tablespoons olive oil in a food processor. Freeze in ice cube trays and transfer to a heavy freezer bag until ready to use.



**Too Many Zucchini... what do I do?**  
**Try serving summer squash on pizza, tucked into lasagna, or in a stir-fry. Or fool veggie-haters in the family by pureeing it and stirring it into soup or spaghetti sauce. Zucchini and squash take**



**extremely well to grilling too! Zucchini goes best with garlic, onions, tomatoes, dill, basil, marjoram, chives, oregano and mint.**

# Recipes

## **Cheesy Zucchini with Garlic and Parsley**

(Makes two servings, can be doubled or tripled, recipe adapted slightly from [Food to Live By.](#))

2-3 small zucchini, cut into 1/2 inch thick slices (if zucchini are large, cut in half or fourths lengthwise, then slice)

1 T olive oil

4-6 large garlic cloves, thinly sliced

pinch sea salt

2 T chopped flat parsley

2 T grated parmesan

1/4 cup grated mozzarella

With stove set to medium, heat the olive oil in a large frying pan with a lid. Add sliced garlic and saute about 1 minute, until you start to smell garlic. Add squash and stir to coat with oil, then cover and cook 4 minutes, stirring once or twice. After 4 minutes, check to see if there is a lot of liquid and whether squash is tender. Cook 1-2 more minutes, uncovered until zucchini is tender-crisp and liquid is evaporated.

Sprinkle squash with salt and chopped parsley and stir to wilt parsley. Add parmesan and stir until it melts, about 1 minute. Sprinkle mozzarella cheese over the squash, cover pan again and turn off the heat. Let sit 1-2 minutes until cheese is melted and serve hot.

## **TOMATO BASIL QUICHE**

Hands-on time: 15 minutes

Total preparation time: 70 minutes

10 servings

- 1 unbaked pastry shell
- 1 cup chopped onion
- 2 garlic cloves, chopped
- 1 teaspoon olive oil
- 8 ounces part-skim mozzarella, shredded
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh basil, chopped
- 1 cup evaporated skim milk
- 1-1/2 teaspoons cornstarch
- 1/4 teaspoon fresh pepper
- 3 eggs

Place pastry in 10-inch deep-dish pie pan. Softly sauté onion and garlic in olive oil until golden. Spread onions and then cheese over pastry. Arrange tomatoes decoratively in a single layer over cheese. Arrange chopped basil atop tomatoes. (You can prepare ahead this far, making later preparations extra quick.)

In a blender, combine remaining ingredients and blend well. Carefully pour into pie shell without disturbing tomatoes. Bake 45 minutes at 350F or until knife inserted in middle can be removed clean. Remove from oven and let stand 10 minutes before serving.

## **Creamy Sausage and Zucchini Pasta**

3 oz pasta shape of choice  
1/2 T olive oil  
1/2 lb bulk Italian sausage  
1 large zucchini, cut into 1-inch pieces (about 2 cups)  
1 t garlic, minced  
pinch red pepper flakes  
14-oz can petit diced tomatoes  
2 T all-purpose flour  
2 T vodka (optional)  
1/4 c half & half  
pepper  
grated Romano cheese

Cook pasta according to directions.

Meanwhile heat the olive oil in a large skillet over medium-high heat. Add the sausage & cooked until browned. Add the zucchini, garlic & red pepper flakes. Sauté until the zucchini is just starting to get soft but you still want it to have a bite to it. Stir in the tomatoes & bring to a bubble. Turn the heat down to medium-low. Sprinkle the flour over everything & cook while stirring for 1 minutes. Stir in the vodka and half & half and cook until thickened. Season with a generous amount of pepper.

Serve over the cooked pasta with grated cheese on top.

serves 2 – 3

## **Zucchini & Yellow Squash Pizza**

**Myrecipes.com**

8 servings (serving size: 1 slice)

## **Ingredients**

- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 medium zucchini, cut lengthwise into (1/4-inch-thick) slices
- 1 medium yellow squash, cut lengthwise into (1/4-inch-thick) slices
- Cooking spray
- 1 (12-inch) packaged pizza crust (such as Mama Mary's)
- 2 plum tomatoes, cut into (1/8-inch-thick) slices
- 1/4 cup (1 ounce) finely grated pecorino Romano cheese
- 2 tablespoons thinly sliced fresh basil
- 1/2 teaspoon finely chopped fresh oregano

# Preparation

1. Prepare grill.
2. Combine oil, vinegar, salt, pepper, zucchini slices, and yellow squash slices in a large bowl, tossing gently to coat. Place squash mixture on grill rack coated with cooking spray; grill 2 minutes on each side or until tender.
3. Reduce grill temperature to medium.
4. Lightly coat pizza crust with cooking spray; grill 1 minute on each side or until lightly toasted. Arrange zucchini and squash over crust. Arrange tomatoes over squash; sprinkle with pecorino Romano cheese. Grill 5 minutes or until thoroughly heated. Remove from grill; sprinkle with basil and oregano.