

# Fry Family Farm CSA Newsletter

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## This Week's Box:

- Salad Mix
- Green Leaf Lettuce
- Swiss Chard
- Walla Walla Onions
- Cucumbers
- Yellow & Green Zucchini
- Broccoli
- Carrots
- Blueberry (Pennington Farms)
- FLOWERS: Gladiolas

## From the Farm...

As these DOG DAYS of summer are upon us, we are doing our best not to wilt out there. Keeping hydrated and busy, we tend to our duties. There are some things that are trying to make this even more difficult for us, like the Alder beetles attacking our winter squash patches, the bind weed and dandelion trying to take over our flower fields, let alone the tremendous heat making irrigation the most important task everyday. YET, we shall overcome. This first major heat wave always hits us pretty hard, but its nothing we can't handle, and surely we will have lots more like it.. Such is life in the OG world. We use what we can to spray out the bugs, and pull the weeds out before they get too bad. Then we re-plant and move on. Not enough time to get caught up on what happened. We learn and we move on. Hope you all are well and cool! See ya soon.

## Spanish Style Grilled Vegetables with Breadcrumbs Picada

Picada is a Spanish flavoring made with garlic, herbs, and ground nuts. Here breadcrumbs stand in for the nuts. 6-8 servings.

### ON THE GRILL:

3 Large red bell peppers; stemmed seeded, quartered.

4 large Japanese eggplants trimmed, cut lengthwise into 3 slices

4 medium yellow or green zucchini trimmed, cut lengthwise into 1/3 inch thick slices

Prepare barbecue (medium heat). Arrange vegetables on baking sheets, brush with olive oil, sprinkle with salt and pepper. Grill peppers, skin side down and without turning, until blackened and blistered, moving occasionally for even cooking, about 10 minutes. Enclose in plastic bag. Let stand about 30 minutes, until skins loosen. Grill eggplants and zucchinis until charred and tender, about 5-6 minutes. Place on foil lined baking sheets. Peel peppers and add them to baking sheets.

### FOR THE DISH:

Heat 3 T. olive oil in medium skillet, medium heat. Add 2 cloves finely chopped garlic & 1/2 tsp. crushed red pepper; stir until fragrant, about 30 seconds. Add 1/2 cup Panko (Japanese breadcrumbs); stir until golden, about 3 minutes. Season to taste with salt, scrape into small bowl.

Place 2 T. Sherry wine vinegar in another small bowl; whisk in 3 T. olive oil. Mix in 1/4 cup chopped fresh parsley and 2 T. chopped fresh oregano. Season to taste with salt. Arrange vegetables on platter. Spoon herb dressing over, and sprinkle with breadcrumbs. (Bon Appetit, July 2007)

## VEGGIE GRILL GUIDE (Bon Appetit July 2007)

This clip and save chart will make you a grilling expert in no time. Serve the grilled vegetables with something simple like a steak and grilled bread; experiment with them (see the ideas below); or use them in other recipes that you have.

VEGETABLE	PREP	COOK FOR ABOUT	DONE WHEN	ALSO GREAT FOR
BELL PEPPER	Stem, quarter, seed. Brush with Olive Oil. Sprinkle with salt & pepper.	6-10 minutes	Skin is charred or blackened & blistered.	Pizza topping Sandwiches Scrambled eggs
ZUCCHINI	Trim; cut 1/3 inch thick lengthwise. Brush with olive oil. Sprinkle with salt & Pepper.	5-6 minutes	Slightly charred & tender.	Quesadillas Pasta with pesto & goat cheese
EGGPLANT	Slice 1/2 inch thick crosswise (Globe) or lengthwise (Japanese) Brush with Olive oil. Salt & Pepper.	5-6 minutes	Slightly charred and tender.	A meatless burger. Baked mozzarella & tomato sauce. A quick dip (mashed with fresh lemon juice, cumin, and chopped garlic.
TOMATO, PLUM	None	5 minutes	Skin is blistered and charred.	Polenta with basil and balsamic vinegar. Burgers.
TOMATO, VINE RIPENED	None.	12 minutes	Skin is charred and split.	A gratin with breadcrumbs. Salsa.
CORN	Remove husk. Brush with olive oil. Salt & pepper.	15 minutes	Slightly charred and tender.	A sauté of lima beans and green beans. Pureed corn soup.
RED ONION, WALLA WALLA	Peel; halve through root end. Brush with Olive oil. Salt & Pepper.	15 minutes	Slightly charred and tender.	Tuna Salad. Grilled cheese sandwiches.

### GRILLING TIPS FROM THE TEST KITCHEN

- Foil lined rimmed baking sheets are great for preparing vegetables-& transporting them to grill.
- Want distinct grill marks? Resist turning the veggies during the first few minutes.
- Our favorite grill tool? Sturdy long handled stainless steel tongs.