

# FRY FAMILY FARM CSA NEWSLETTER

Volume 4 issue 9. July 31 2008

## In your Box:

### Partial Share:

Salad Mix  
Red Butter Lettuce  
Fennel  
Japanese Eggplant  
Red Onions  
Beets  
Corn  
Mix summer squash  
Cucumbers  
Basil

### Full Share:

Salad Mix  
Lettuce  
Corn  
Beets  
Japanese Eggplant  
Fennel  
mix summer squash  
Basil  
Carrots  
Red Onions  
Green Beans  
Cucumbers

### FLOWERS:

Gladiolas

## Recipes

- If you are ever at a loss on what or how to cook something the internet is a great place to find new and tasty recipes!!

## Where are the Tomatoes?

I have been receiving a few inquiries regarding the where about of the tomatoes, cucumbers, corn and melons??? Well we are trying to be patient at the farm also, and we know it is hard especially when we are all craving the taste of a good homegrown tomato!!

The Cucumbers and the corn are finally here but we are still waiting for tomatoes. The cool and wet spring had something to do with it and with the craziness of spring planting the tomatoes got in a little latter then we had planned. Please be patient with us we will have an abundance of them in the near future!!

## What are those strange Veggies????

Two of the Veggies we have in the box are ones that I often get asked " what is that and how do you cook it?"

I am talking about the Fennel and Japanese eggplant.

The Fennel we have in the box is actually Florence Fennel. It is a cultivated type of the wild perennial variety that is very common and which many people mistake it for. Fennel has a mild anise flavor and is used mainly in Italian cooking. It can be used raw in salads ,or roasted by itself (or with other veggies) and used as a side dish. It can also be blanched, marinated or used in Risotto.

The other veggies Japanese Eggplant, is a type of eggplant and not quite as well known as the Globe or American eggplant. Japanese Eggplant have thinner skins and a more delicate and sweeter flavor than the American eggplant. They also tend to have less seeds which can tend to make eggplant bitter.

Eggplant is a spongy, mild-tasting vegetable that's meaty yet low in calories. It's never eaten raw, but it can be baked, grilled, or sautéed. The best eggplants are firm and shiny . Male eggplants tend to have fewer seeds, and are therefore less bitter than female eggplants. An interesting fact that I never knew and found quite interesting, is that to sex an eggplant, look at the indentation at bottom. If it's deep and shaped like a dash, it's a female. If it's shallow and round, it's a male.

Eggplant should be stored in the crisper of your refrigerator, unwrapped. It can be stored up to a week but the sooner you use it the better. You can always substitute Japanese eggplant for Globe eggplant!

There are lots of great recipes out there for eggplant, so enjoy!!!

### Farmers Market Veggies with Cumin Chile Vinaigrette!!

I found this on the internet at foodblogga. Maybe we should re-name it CSA Veggies with vinaigrette

#### VEGGIES

- 1 Cup fresh Corn
- 1 Cup diced Zucchini or squash
- 1 cup green or red pepper
- 1/2 cup diced Kohlrabi
- 1/2 cup diced carrots
- 1/2 cup tomatillos or tomatoes
- 1/2 cup diced sweet onions
- 1 cup diced cucumbers
- 1-15 oz can Black Beans, rinsed

#### VINAIGRETTE

- 1 Tbsp olive oil
- 2Tbsp white wine or balsamic vinegar
- 2 Tbsp Honey
- 1/8 tsp cumin
- 1 small Serrano or jalapeno
- 2 Tbsp cilantro
- Salt and pepper to taste

Place veggies in a bowl with the black beans. Wisk vinaigrette together until blended and pour over veggies. Chill and serve.

#### Roasted Fennel

- 2 fennel bulbs (frowns cut off and bulb sliced into 1/8 inch slices.)
- Rub the slices with olive oil to coat
- Place on a baking pan and drizzle with balsamic vinegar to coat.
- Place in a preheated 400 degree oven and cook 15-20 min. until they begin to caramelize.

### Quick Eggplant Parmesan

This is one of my favorite summer Recipes. I always look forward to eggplant season so I can make it once again. I like to make more than I we can eat for dinner so I have leftovers the next day.

- 1) Cut eggplant into 1/4 inch slices. (I usually use globe eggplant but it can also be made with Japanese that we have now.
- 2) Dip the slices, first in a bowl of whipped eggs and then in a bowl of Italian bread crumbs.
- 3) Heat olive oil in a frying pan and when hot, fry the breaded eggplant until brown and soft. You may have to add more oil because the eggplant really absorbs it. Place on paper towel to absorb the extra oil after frying.
- 4) Place eggplant slices on a cookie sheet or other baking dish. Cover with a nice tomato sauce, chopped basil leaves and grated mozzarella and Parmesan Cheese.
- 5) Place in a 350 degree oven and cook until cheese is browned!

### Shaved Fennel Salad

- 1 fennel bulb, shaved thin
- 2 Tbsp olive oil
- 1 Tbsp fresh lemon juice
- 1/8 tsp chopped fresh thyme
- 1 Tbsp chopped parsley
- 2 Tbsp shaved parmesan cheese
- **Mix together. Serves 2-3**