

Fry Family Farm

CSA Newsletter

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Fruit or Vegetable?

When researching the "eggplant" for this weeks newsletter, I came across an interesting article about what defines a "fruit" or a "vegetable", and, given the amount of ,misunderstanding it seems is prevalent out there, I thought I'd re-print it for y'all to read. Enjoy! (This is reprinted from Wikipedia)

In everyday (non-technical) language, the words "fruit" and "vegetable" are mutually exclusive: plant products that are called fruits are hardly ever classified as vegetables, and vice-versa. However, for scientists the word "fruit" also has a precise botanical meaning, which is considerably different from its common meaning. While peaches, plums, and oranges are "fruits" in both senses, many items commonly called "vegetables" — such as eggplants, bell peppers, and tomatoes — are technically fruits; and so are also most cereals, and some spices like pepper and chili. On the other hand, many items commonly called "fruits" — including figs, pineapples, and strawberries — are not fruits in the strict botanical sense.

The question of whether the tomato is a fruit or a vegetable found its way into the United States Supreme Court in 1893. The court ruled unanimously in *Nix v. Hedden* that a tomato is correctly identified as, and thus taxed as, a vegetable, for the purposes of the 1883 Tariff Act on imported produce. The court did acknowledge however that, botanically speaking, a tomato is a fruit.

Languages other than English often have categories that can be identified with the common English meanings of "fruit" and "vegetable", however, their precise meaning may depend on local culinary traditions as well. For example, in Brazil the avocado is traditionally consumed with sugar as a dessert or in milk shakes, and hence regarded as a fruit; whereas in other countries (including Mexico and the United States) it is used in salads and dips, and hence considered a vegetable.

IN YOUR BOX:

Partial Share:

Lettuce
Tomatoes
Green Peppers
Slicing Cucumber
Globe Eggplant
Zucchini
Basil
Chard
Cantaloupe
FLOWERS:
Statice Sinuata

Full Share:

Salad Mix
Lettuce
Tomatoes
Green Peppers
Leeks
Anaheim Peppers
Slicing Cucumbers
Globe Eggplant
Yummy-Mini Peppers
Zucchini
Summer Squash
Cantaloupe
FLOWERS:
Statice Sinuata

Statice

Statice sinuata makes an excellent dried flower, for dried arrangements or just by itself, once properly dried, it can hold its color and shape for years! Simply hang bunch upside down in a dry, dark location for 1-2 weeks, then place upright in a dry vase, or use in wreaths!

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!

Cantaloupe Sorbet

Did anyone try that melon sorbet last week? It was sooo good, and sooo easy! Some suggestions I thought would make it even better:

- Try it with honey or agave instead of sugar, as it gives it a more complex flavor
- Serve it with thin ginger snaps or cookies, or make sorbet sandwiches between two graham crackers or ginger thins!
- Serve it with a fresh raspberry syrup or mint!

Sick of Zucchini Yet?

If only all vegetables produced like the prolific squash...

But alas, here we are in the peak of summer, with loads of squash and zucchini. Well, in addition to the perfect accompaniment to any meal (especially when marinated and grilled), zucchini can freeze well, to provide for you over those long, cold, zucchini-less winter months.

Some say to bake and freeze zucchini BREAD, which is nice too, but will not hold as long as the frozen veggie itself. I would simply grate or slice the zucchini and freeze it that way, allowing for easy access for winter soups, breads, and sauces.

Eggplant, raw

Nutritional value per 100 g (3.5 oz)

Carbohydrates 5.7 g
- Sugars 2.35 g
- Dietary fiber 3.4 g
Fat 0.19 g
Protein 1.01 g
Thiamin (Vit. B1) 0.039 mg 3%
Riboflavin (Vit. B2) 0.037 mg 2%
Niacin (Vit. B3) 0.649 mg 4%
Pantothenic acid (B5) 0.281 mg 6%
Vitamin B6 0.084 mg 6%
Folate (Vit. B9) 22 µg 6%
Vitamin C 2.2 mg 4%
Calcium 9 mg 1%
Iron 0.24 mg 2%
Magnesium 14 mg 4%
Phosphorus 25 mg 4%
Potassium 230 mg 5%
Zinc 0.16 mg 2%
Manganese 0.25 mg