

Fry Family Farm

CSA Newsletter

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CORN

Our Corn is still a ways off but as you noticed we have corn in the box this week! Another local farm and friends of our had extra corn right now so we bought some to share with you. This corn is not certified organic. If this is a problem for you let me know and we can replace it with something else next week! Thanks

Here are a couple of fun corn recipes!!!!!!!

LEMON-GARLIC GLAZE FOR CORN ON THE COB

1 Tablespoon BUTTER , 1 TABLESPOON Olive Oil
2 Cloves Garlic, 3 to 4 ears Corn
1/3 Cup Water , 2 Tablespoons Lemon Juice
1/4 Tsp Salt , 1/4 Tsp Pepper

Heat butter and oil in a large skillet over Med heat. Add Garlic, and cook one minute. Add corn, water, lemon juice, salt and pepper. Cover and cook, gently shaking the pan occasionally to turn cobs, for 5 Min. Uncover and continue cooking until all but a few Tablespoons of liquid remain. About 2 to 4 more min. Serve the corn drizzled with the lemon-garlic pan sauce!

CORN AND BASIL CAKES

1/2 Cup flour , 1/2 Cup low-fat Milk
2 eggs , 2 Tablespoons vegetable Oil
1/2 Tsp Baking Powder/2 Tsp Salt , 1/4 Tsp Pepper
2 Cups fresh Corn Kernels(about 2 ears),
1/2 cup Chopped Basil

Whisk flour, milk, eggs, 1 TB oil, baking powder, salt and pepper in a med. Bowl until smooth. Stir in corn and basil.

Brush a large non-stick skillet with the remaining 1 Tablespoon of oil. Heat over med. Heat until pan is hot. Cook 4 cakes at a time using about 1/4 cup of batter for each. Cook until edges are dry, about 2 min. Flip and cook other side 1 to 3 min. Makes about 10 cakes!

Recipes from August 2010, Eating Well

IN YOUR BOX:

Partial Share:

Salad Mix
Green Lettuce
Basil Bunch
Pickling Cucumber
Beets
Sunburst Squash
Zucchini
Eggplant
Italian Kale
Corn

Strawberries

FLOWERS-Lavender

FULL SHARE

Salad Mix
Spinach
Green Lettuce
Basil Bunch
Italian Kale
Beets
Sunburst Squash

Zucchini

Eggplant

Onionns

Corn

Strawberries

FLOWERS-Lavender

NOTE:

Put your Basil Bunches in a glass of water and do not Refrigerate! They will last all week!!!

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. They are great as an eggplant sandwich.

- 1) Cut eggplant into 1/4 inch slices. (I usually use globe eggplant but it can also be made with Japanese eggplant that we have now if you want
- 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!

Sue Jaffe's More than Simple Grilled Vegetables

Before grilling, I like to marinate my vegetables in a simple mixture of extra virgin olive oil, lemon juice, finely chopped garlic, and salt & pepper. This is the best, as well as the simplest, preparation. I play with these ingredients according to vegetable, sometimes replacing the acid of the lemon juice with a vinegar such as balsamic . I also like to add fresh herbs such as Basil, Rosemary, and Oregano!

Sunburst Snackers

from Suzi Fry's Kitchen

This is a wonderful side or main dish. It is quick to prepare and you can vary the cheeses and spices you use throughout the summer to make use of all the wonderful squashes. Make as many or as few as you like.

Cut bottoms off of sunburst or patty pans so they lie flat. Next cut a small core out of the top center. Place in a flat pan with a little water and cover. Steam until soft.

Remove from heat, drain water from pan.

Next brush the squash with olive oil or mayonnaise (even better garlic flavored). Sprinkle with salt and pepper. Stuff cheese of your choice into center hole. Put back on heat until cheese is melted. Enjoy

* I put this recipe in almost every year I hope no one is tired of it!!!!