

Lettuce Connect

East Farms CSA

Message from Jeremy:

Newsletter
July 11, 2011

The summer squash is finally coming on. Corn is still a few weeks out. The early corn has had a hard time of it this year. We are re-seeding right now for some fall crops.

This week you will probably be getting some of the following: summer squash, cherries, green garlic, snap peas, carrots, young sweet Spanish

onions and lettuce. We will be saying good bye to lettuce and spinach for now. But don't despair, they will be back in the fall.

Inside this issue:

Message from Jeremy	1
Keeping it Fresh	1
Food for Thought	2
Recipes	2-3
Contact	4



Keeping it Fresh

To store carrots, cut the tops off them first. Though the carrots will store for a long time, the greens won't. They will

decay and drain the root of its flavor and moisture. Refrigerate in perforated or open plastic bags in the vegetable bin.

Don't store near apples or pears, they emit ethylene gas as they ripen which will turn the carrots' natural sweetness bitter.

Food for Thought

To own a bit of ground, to scratch it with a hoe, to plant seeds and watch the renewal of life – this is the commonest delight of the human race! -Charles Dudley Warner, 1829-1900

Let's thank our farmers.



Recipes

Summer Squash Carpaccio and Shaved Cheese Salad

3 tbsp pine nuts
 1 ½ tbsp lemon juice
 1 small garlic clove, minced
 1 tsp fish sauce
 3 tbsp extra virgin olive oil
 ¼ tsp kosher salt and pepper
 1 lb small zucchini, preferably both green and yellow
 2 cups lightly packed arugula
 12 large fresh mint leaves, coarsely chopped
 2-3 oz. sheep's-milk cheese

Heat oven to 350°. Toast pine nuts in a pie pan until golden, shaking occasionally, 5 to 8 minutes; set aside. Combine lemon juice, garlic,

and fish sauce in a large bowl. Whisk in oil. Add salt and pepper to taste. Trim ends from zucchini. With a cheese plane or mandolin, shave zucchini thinly lengthwise.

Mix zucchini in bowl with dressing. Let stand 5 minutes to soften. Add arugula and mint. With a cheese plan, shave as much cheese over salad as you like. Add 2 tbsp pine nuts and toss. Add more salt and pepper to taste, then transfer to a platter.

Roasted Carrots

2 bunches carrots, trimmed and peeled if necessary
 2 tbsp butter, melted
 1 tbsp brown sugar, molasses, or honey
 Salt and freshly ground pepper
 ½ cup rich beef stock
 Chopped fresh parsley for garnish

Preheat oven to 375°

Put the carrots in a baking dish, drizzle with the butter, sprinkle with the brown sugar or other sweeteners, and season with salt and pepper. Roll the carrots around to be sure that they are evenly coated. Pour in the stock.

Put the dish in the oven and roast the carrots, basting every 15 minutes or so with the dish juices, until they are very soft when pierced with a knife tip, about 45 minutes. Serve garnished with the parsley.

Notes: If you are using small baby carrots, you will need to cut back the baking time.

You can also substitute almost any root vegetable for the carrots. Suggestions are parsnips, turnips, and rutabagas.

Salmon with Chili Glaze and Sugar Snap Peas

Nonstick vegetable oil spray
 ¼ cup Asian sweet chili sauce*
 3 tablespoons soy sauce, divided
 2 tablespoons finely grated peeled fresh ginger, divided
 6 6-ounce salmon fillets with skin
 2 tablespoons vegetable oil
 3 garlic cloves, minced
 8 ounces sugar snap peas, trimmed
 1 ½ tablespoons Chinese rice wine or dry Sherry
 1 teaspoon Asian sesame oil

Line rimmed baking sheet with foil. Coat with non-stick spray. Whisk chili sauce, 2 tablespoons soy sauce, and 1 tablespoon ginger in small bowl. Place salmon fillets, skin side down, on prepared sheet. Spoon chili sauce marinade over and let stand at room temperature 30 minutes.

Preheat broiler. Spoon any marinade remaining on baking sheet over salmon fillets. Broil salmon without turning until browned in spots and almost opaque in center, 6 to 10 minutes, depending on thickness of fillet.

Meanwhile, heat vegetable oil in wok or heavy large skillet over medium-high heat. Add remaining 1 tablespoon ginger and minced garlic; stir until aromatic, about 30 seconds. Add sugar snap peas and stir until crisp-tender, about 2 minutes. Add remaining 1 tablespoon soy sauce, rice wine, and stir just until wilted, about 1 minute. Drizzle with sesame oil.

Place 1 salmon fillet on each plate. Spoon warm pea mixture over salmon fillets and serve.

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farm*
