

# Lettuce Connect

## East Farms CSA

### Message from Jeremy:

This week is a hard week to put the box together. We are waiting for some of our crops to mature. We had to replant our cucumbers three times this spring. They should be ready in a couple of weeks. We also lost a whole field of beans that popped pre-maturely. We have more but they aren't ready yet.



Newsletter  
July 25, 2011

---

#### Inside this issue:

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

---

### Keeping it Fresh

Handle your zucchini delicately since the skin is thin and easily punctured. Store in a perforated bag in the crisper

section of the refrigerator.

Remember to cut off the tops of your carrots before storing. They will zap the moisture

from the carrot.

## Food for Thought

Carrots were first cultivated as a food crop in Afghanistan in the 7<sup>th</sup> century. They were purple with a yellow interior. They spread to the Mediterranean and into Europe. In the 1600's patriotic Dutch farmers bread them to be orange in honor of the House of Orange. They were then brought to the New World by the colonists.



## Recipes

### Zucchini Au Gratin

1 ½ - 2 lbs sliced zucchini  
 3 tbsp olive oil  
 ½ tsp garlic powder  
 ½ pint sour cream  
 2 tbsp butter  
 2 tbsp Parmesan cheese  
 1 tsp salt  
 ¾ tsp ground pepper  
 2 egg yolks, well beaten  
 1-2 tbsp chopped chives  
 ¾ cup buttered bread crumbs  
 and grated Parmesan  
 cheese mixture

Slice the zucchini. Heat oil in a large skillet or fry pan. Add the zucchini and garlic powder. Let sauté until just barely tender-crisp. In a medium-size saucepan, combine the sour cream,

butter, cheese, salt and pepper. Let this mixture simmer over a low heat until well blended and the cheese is melted in.

Remove from the heat and add the beaten yolks and chives. Arrange the zucchini slices in a casserole. Pour the sauce mixture over the zucchini. Top with a mixture of the Parmesan cheese and buttered crumbs. Bake in a pre-heated 350° oven for 30 minutes. This will brown nicely on top.

Serves 6.

## Zucchini Pizza

4-6 servings

### INGREDIENTS

2 lb. zucchini  
 2 tsp. kosher salt plus more for seasoning  
 1 1/2 lb. pizza dough  
 1/4 cup extra-virgin olive oil plus more for pan and dough  
 1/2 cup grated Parmigiano-Reggiano  
 1/2 cup ricotta cheese  
 1 garlic clove, finely chopped  
 1 tbsp rosemary  
 1 hot chile, finely chopped  
 Freshly ground black pepper

### PREPARATION

Trim zucchini and thinly slice crosswise using a mandoline or a very sharp knife. Toss zucchini in a bowl with 2 tsp. kosher salt and transfer to a strainer set over a bowl; let sit at room temperature for 30 minutes. Rinse the zucchini, then squeeze to remove as much liquid as possible.

Preheat oven to 450 degrees. Oil a 12x17" baking sheet. Rub surface of dough with oil. Stretch dough to form a 12x17" rectangle, filling the baking sheet.

Sprinkle half of the cheeses evenly over dough. Scatter zucchini, garlic, rosemary and chile evenly on top. Sprinkle evenly with remaining cheese, season with salt and pepper, and drizzle with 1/4 cup oil.

Bake pizza until the underside is well browned and the dough is cooked through, 12-16 minutes.

## Roasted Carrots

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

Preheat the oven to 375° F.

Put the carrots in a baking dish, drizzle with the butter, sprinkle with the brown sugar or other sweetener, 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.

---

**East Farms**

Shay or Jeremy East  
801-525-2219  
eastfarms.net



"The Best In The West" Fresh Fruits and Vegetables

*A family owned and operated  
farm*

---