

Lettuce Connect

East Farms CSA

Message from Jeremy:

Those darn tomatoes this year are so far behind. I haven't had enough to use in the CSA program yet this year. They should be ready in about 10 days along with the peaches.

Everything else is growing well and finally coming on. After having a terrible bean crop we finally have some to include in your box.

This is the first week of bell peppers so I hope you enjoy them.



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Keeping it Fresh

Remember to cut the tops of your carrots when you get them home. They will suck the moisture right out of the carrots and

make them very limp. Store in a plastic bag until you use them.

Food for Thought

Always remember that there is a face behind your food. Keep on supporting your local farmers.



Recipes

Roasted Baby Carrots with Chile, Mint and Orange Glaze

1/4 cup fresh orange juice
 2 tbsp olive oil, divided
 1 tbsp unseasoned rice vinegar
 1/2 tsp dried crushed red pepper
 1/2 tsp salt
 4 bunches baby carrots, trimmed and scrubbed or peeled
 1 tsp minced fresh mint
 1 1/2 tsp finely grated orange peel

Preheat oven to 375° F. Whisk juice, 1 tbsp oil, and vinegar in small bowl to blend; set aside.

Stir remaining 1 tbsp oil, crushed red pepper, and salt in medium bowl. Add carrots and toss to coat. Scrape carrot mixture into large rimmed baking sheet. Arrange carrots in single layer.

Roast carrots until almost tender, stirring occasionally, about 15 minutes. Add juice mixture and toss to blend. Roast until juices are reduced to glaze and coat carrots, stirring occasionally, about 10 minutes longer. Season to taste with more salt, if desired. Transfer carrots to large bowl; add mint and orange peel and toss to blend. Transfer to serving bowl.

Swiss Chard Flan

2 cups $\frac{1}{2}$ and $\frac{1}{2}$
 2 eggs
 $\frac{1}{4}$ tsp nutmeg
 $\frac{1}{4}$ tsp white pepper
 1 tsp salt
 1/ cup sautéed Swiss chard*
 1 tbsp pecorino cheese
 1 tbsp parmesan cheese
 2 oz. olive oil
 2 oz. white wine
 2 garlic cloves, minced

*Approximately 3 cups raw, cut chard is equal to one cup cooked.

Preheat oven to 300°. Grease 6 small ceramic molds. Whisk together half and half, eggs, cheese and spices. In a separate sauté pan over high heat add olive oil and Swiss chard. Toss then add garlic and sauté until the garlic is fragrant. Add white wine, continue to sauté for an additional minute. Remove from heat and pulse in the food processor until smooth. Add to half and half mixture. Fill molds with mixture, place on a baking sheet in the oven for approximately 25 minutes.

Let molds rest for 5-10 minutes before serving. Place on plate and remove mold. You may garnish it with extra virgin olive oil, shaved parmesan and cracked pepper.

Green and Yellow Bean Salad with Chunky Tomato Dressing

4 cups water
 $\frac{3}{4}$ pound wax beans
 $\frac{3}{4}$ pound green beans
 2 cups chopped tomato
 1 tbsp sherry or white wine vinegar
 2 tsp extra virgin olive oil
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp freshly ground pepper
 $\frac{1}{2}$ cup thinly slice basil
 $\frac{1}{2}$ cup crumbled feta cheese

Bring 4 cups water to a boil in a medium saucepan. Cook the beans in boiling water for 5 minutes or until crisp-tender. Drain and rinse with cold water; drain.

Combine tomato and next 4 ingredients (through pepper) in a bowl. Divide beans evenly among 8 plates. Top each serving with $\frac{1}{4}$ cup tomato mixture. Sprinkle each serving with 1 tbsp sliced basil and 1 tbsp cheese.

East Farms

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"The Best In The West" Fresh Fruits and Vegetables

*A family owned and operated
farm*
