

CSA Newsletter

The Amazing Peach!

- The peach originated in China and has been cultivated at least since 1000 B.C.E. It has special significance in Chinese culture: The peach tree is considered to be the tree of life and peaches are symbols of immortality and unity. Peach blossoms are carried by Chinese brides.
- Spaniards brought peaches to South America and the French introduced them to Louisiana. The English took them to their Jamestown and Massachusetts colonies. Columbus brought peach trees to America on his second and third voyages.
- Peach varieties can be either clingstone, where the flesh of the fruit clings to the stone, or freestone, where the stone readily twists away from the fruit. The former type is generally used for canning; the latter is generally found in supermarkets. Clingstone and freestone peaches are available in both white and yellow varieties.
- Peaches are a good source of vitamins A, B and C. A medium peach contains only 37 calories.
- You can ripen peaches by placing them in a brown paper bag for two to three days. Sliced, fresh peaches should be tossed in lemon or lime juice to prevent browning.
- Nectarines are a variety of peach with a smooth skin, *not* a cross between a peach and a plum.
- The juice from peaches makes a wonderful moisturizer, and it can be found in many brands of cosmetics.
- A peach pit contains hydrocyanic acid, which is a poisonous substance.

Famous Peach Dishes

The Bellini: Fresh peach purée and spumante, an Italian sparkling wine; Champagne or other sparkling wine can be used. The drink is said to have originated in the 1930s at Harry's Bar in Venice, a favorite haunt of Ernest Hemingway, and is named for the 15th-century Venetian painter Giovanni Bellini. The peachy color of the cocktail reminded Cipriani of the color of the garments of St. Francis in a famous Bellini painting; Cipriani named the drink in Bellini's honor.

Peach Melba: poached peaches, vanilla ice cream and raspberry purée. The dessert is named after Nellie Melba, the great Australian operatic soprano.



What to do with Cabbage

It seems that with all of the cabbage we have had this summer some of you are running out of ideas as to what to do with them.

Honey Creek farms has a cookbook available in the store called "The Practical Produce Cookbook". It has great suggestions in it not only for cabbage and how to store it for winter, but for all of the other vegetables you have been receiving in your bags as well.

It could be a good way to make your CSA bag last all year.

All of the recipes in the newsletter this week are from that cookbook.

About Cabbage:

Green cabbage is good fixed any way—raw, in salads, cooked, steamed, braised or fried. Red cabbage has a sharper flavor and coarser texture so it needs to be cooked longer. Savory cabbage has a

more delicate (and some say superior) flavor than red or green.

Overcooking cabbage gives it a strong flavor and odor—watch cooking times carefully. Cooking celery with cabbage helps cut the strong cooking odor of cabbage.

Solid heads can be stored for 3-4 months in cold storage with high humidity, although the flavor gets stronger in stored cabbage.

Just to Note.....

- With the exception "Grill Your Peaches", all of the recipes in this newsletter have come from the "Practical Produce Cookbook."
- This cookbook is always available in the farmers market and is a great resource for not only preparing fresh foods, but also storing them for the winter.
- We would like to thank Honey Creek Farms for making this collection available to our customers and CSA members alike.

Inside this issue:

Cabbage Soup	2
Baked Cabbage Rolls	2
Summer Squash Salad	2
Zucchini Bread	3
Green Bean and Tomato Salad	3
Grill Your Peaches	3
Summer Squash	4

Cream of Cabbage Soup

Ingredients:

- 2 cups finely chopped cabbage
- 1 1/2 cups water
- 1/2 tsp. sugar
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 qt. milk
- 2 Tbs flour
- 2 Tbs butter

- 3 Tbs sour cream
- Paprika

Directions:

Combine cabbage, water, sugar and seasonings; simmer 20 minutes.

Add milk and bring to a boil.

Cream together flour and butter.

Add to soup and stir until it thickens.

Add sour cream just before serving.

Sprinkle with paprika.

How to Cook Cabbage:

Bring one inch of water to a boil in a large kettle.

Add 5 cups chopped cabbage and 1/2—1 tsp. salt. Return to a boil.

Reduce heat and cook, covered, approximately 5 minutes or until tender crisp.



It's no use boiling your cabbage twice.
 - Irish proverb

Baked Cabbage Rolls

Ingredients:

- 2-2 1/2 lb. green cabbage, cored
- 2 qt. water
- 1 tsp. salt
- 1/2 cup butter, divided
- 1 cup finely chopped onion
- 1 lb. lean ground beef
- 1 cup cooked rice
- 1 cup milk
- 1 egg, slightly beaten

- 1 tsp. salt
- 1/2 tsp. ground allspice
- 1/4 tsp. pepper
- 1/2 cup dark corn syrup

Directions:

Remove 12 large leaves from cabbage. Cook leaves and remainder of head in boiling salted water 6 minutes. Drain and cool.

Reserve separated leaves. Chop remaining head of cabbage to yield 2 cups.

Melt 1/4 cup butter in skillet. Add onion; sauté until golden

brown. Remove from heat.

Stir in ground beef, chopped cabbage, rice, milk, egg, salt, allspice and pepper. Place about 1/3 cup meat mixture in center of each cabbage leaf.

Wrap leaf around filling and tuck under ends.

Place seam side down in 13x9 baking dish. Brush rolls with remaining butter, melted. Pour corn syrup over rolls. Bake at 400 for 1 hour, turning once.

Reduce heat to 350 and turn rolls seam side down. Continue baking 30 minutes or until well glazed.

Summer Garden Squash Salad (sample salad)

Ingredients:

- 1 med. Zucchini (or summer squash)
- 1 med. Sweet onion (red or yellow)
- 1/2 lb Green or yellow green beans
- One green or red pepper

- 1 cup of desired Italian dressing
- Dash of salt and pepper

Directions:

Chop each veggie to desired size. Layer the veggies in a 9x13 pan. Pour dressing over veggies and season with salt and pepper.

Chill for 2 hours. Serve chilled.

Note:

This is one of those wonderful summer recipes that can be adapted to use any item from your garden or CSA bag.

Amounts aren't exact, add more or less of your favorite veggies.

We always add cherry tomatoes!



Zucchini Bread

Ingredients:

- 2 eggs
- 1 1/2 cups sugar
- 2 tsp. vanilla
- 1 cup olive or vegetable oil
- 1 tsp. cinnamon
- 3 cups grated, unpeeled zucchini (or any summer squash)
- 1 1/2 cups raisins
- 3 cups flour

- 1 tsp. baking powder
- 1 tsp. soda
- 1 tsp. salt

Directions:

Beat the eggs then add the sugar, vanilla, oil and cinnamon. Mix in squash and raisins. Combine and add remaining ingredients. Mix well. Bake in two 9x5 loaf pans at 350 for 1 to 1 1/4 hours or until done.

Variation: For healthier zucchini bread, use only 1 cup sugar and 1/2 cup oil. Substitute 2 cups whole wheat flour

and 1 cup oatmeal for the flour. Add another tsp. baking powder, if desired.

Hint: Sliced, cubed or grated summer squash, like eggplant, retains less water if sprinkled with salt and drained 30 minutes. Squeeze slightly to remove water. Use about 1 tsp. salt to 6 cups squash. Adjust salt in the recipe or rinse and pat dry. For salt less removal of moisture, blanch squash whole for 2-10 minutes, depending on size. Drain, then chop, slice or grate.



Green bean and Tomato Salad

Ingredients:

- 2 lbs. green beans
- 2 lbs. ripe tomatoes
- Salt and pepper to taste
- 5 Tbs. olive oil
- 1 Tbs. wine vinegar
- 1 Tbs. Worcestershire

sauce

Directions:

Cook the beans in salted water until tender but still crisp, leaving them whole if they are young and slim. Chill.

Scald the tomatoes in boiling water 1 minute. Peel and cut them in eighth, removing seeds and pulp.

Sprinkle with salt and pat dry

with paper towels. Put the oil, vinegar and Worcestershire sauce in a salad bowl. Mix well and add salt and pepper to taste.

Add beans and tomatoes and mix again. Refrigerate for 1 hour.

Serve chilled on a hot summer day.

"In the fall in O'Neill you always need to lock your car. Not because of theft, but because if you don't, some one will fill it full of zucchini!"

-Marv Fritz, Garden Fresh Vegetables

Grill Your Peaches

Grilled Peaches with honey Chevre

Ingredients:

- 6 ounces chevre (soft goat cheese)
- 2 Tbs skim milk
- 1 Tbs honey
- 4 fresh peaches, halved and pitted
- 8 mint leaves

Directions:

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Combine cheese, milk and honey in a small bowl.

Grill the peaches cut sides down until peaches begin to caramelize and show grill marks, 5 to 7 minutes. Fill each peach half with 1 Tbs of the cheese mixture. Garnish with a mint leaf, and serve warm.

Grilled peaches with Gingersnaps

Ingredients:

- 1 firm peach, halved and pitted
- 1 tsp canola oil
- 2 Tbs brown sugar
- 4 scoops vanilla fat-free frozen yogurt

- 2 gingersnap cookies, crumbled

Directions:

Preheat an outdoor grill for high heat, and lightly oil the grate. Brush peach halves with canola oil.

Place peach halves on the preheated grill. Grill until tender and peach is warmed through, about 10 minutes. Place the hot peach on plate skin-side down. Sprinkle with brown sugar, allowing the sugar to melt. Serve peach half with 2 scoops of vanilla frozen yogurt and gingersnap cookie crumbles sprinkled on top!

Tomatoes and squash never fail to reach maturity. You can spray them with acid, beat them with sticks and burn them; they love it.
- S. J. Perelman

And he gave it for his opinion, that whoever could make two ears of corn, or two blades of grass, to grow upon a spot of ground where only one grew before, would deserve better of mankind, and do more essential service to his country, than the whole race of politicians put together.
- Jonathan Swift, *Gulliver's Travels*

I am thinking of the onion again. ... Not self-righteous like the proletarian potato, nor a siren like the apple. No show-off like the banana. But a modest, self-effacing vegetable, questioning, introspective, peeling itself away, or merely radiating halos like ripples.
- Erica Jong, *Fruits and Vegetables*, 1971

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Summer Squash—Honey Creek Farms

Summer squash is a general term for more than 70 different varieties of fast-growing, tender-skinned, soft-fleshed, bland-tasting squash. Zucchini is by far the most famous (or is it infamous?) of all the summer squash. Some other common types are yellow squash—either straight or crookneck—and scallops (also called patty pans).

Summer squash are easy to grow by direct seeding after the soil is warm and danger of frost is past. Plant seeds 1/2 inch deep every 6-12 inches, thinning to a final spacing of 18 inches for bush plants and 2-3 feet for vining plants. Squash seeds are susceptible to rotting in cool wet soils; minimum germination temperatures are 60 degrees; the ideal is 70 degrees.

For an earlier crop start seeds indoors in individual pots, 3-4 weeks before setting out. Black

plastic mulch and row covers are well suited for growing summer squash.

Pick summer squash while the seeds are small and tender. Seeds and skin can both be eaten at this stage. Under ideal growing conditions, summer squash need to be picked every 2-3 days to keep them from getting too big. Discard overgrown, misshapen or soft tipped squash—there will be more good ones tomorrow.

All summer squash can be used interchangeably in recipes. Preferences are due to size, color and shape rather than to flavor.

Because of their bland flavor, summer squash lend themselves to many different cooking applications, taking on the flavor of whatever they're cooked with. Try using them as a substitute for rice, pasta or potatoes. Young, tender sum-

mer squash are excellent raw with dips or in salads. They're also delicious steamed, fried, sautéed, stuffed or baked in breads. Squash flowers are edible too, with some new varieties developed especially for their flowers.

As a testament to their extreme versatility, one would suspect there have been more recipes inspired by the zucchini than by any other vegetable. Whole cookbooks have been devoted to zucchini squash.

Summer squash provided some vitamin A and C as well as foliate.

Summer squash keep for about 7-10 days refrigerated; they can't be winter stored. However, many of the squash soups and breads can be frozen and enjoyed all year long.

