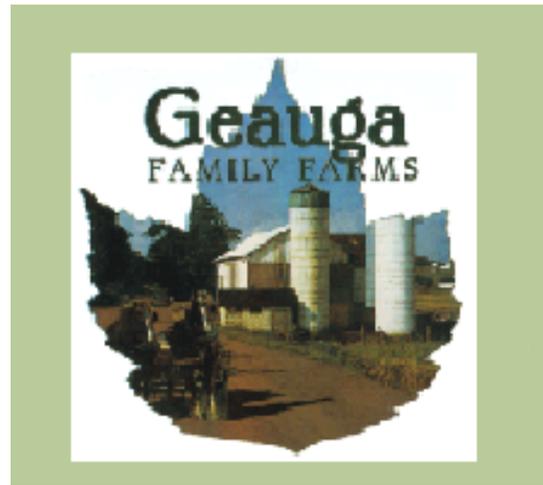


A weekly publication  
for members of  
Geauga Family Farms CSA

July, 2010  
Week 7

**The Fair Share**



what's "cropping" up!

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## This week's picks

**C**oming this week to your CSA box could be some or all of the following: Bok choy, broccoli, beets, green and/or yellow zucchini, yellow squash, Patty Pan squash, cucumbers, onions, lettuce, cabbage, tomatoes, pickles, turnips, kohlrabi, basil, snap or sweet peas, red raspberries, green beans, cherry tomatoes and potatoes.

Remember, farming isn't an exact science. Family and Single shares won't necessarily include the same items so if you don't have one or more of these items, it's either because we didn't have enough, or because you have a Single share and the item in question was included in the Family share only. Below are a few recipes using this week's vegetables. 

### Yellow Squash Patties

- 2 cups grated yellow squash
- 1/4 cup self-rising flour
- 1/3 cup self-rising cornmeal
- 1 small onion, chopped
- 1 egg, beaten
- Pepper to taste
- Olive Oil

Mix all ingredients together. Spoon out into hot greased frying pan. Brown both sides. Drain on paper towel.



### Vegetarian Moussaka

**Serves 7**

- 1 eggplant, thinly sliced
- 1 tablespoon olive oil
- 1 large zucchini, thinly sliced
- 2 potatoes, thinly sliced
- 1 onion, sliced
- 1 clove garlic, chopped
- 1 tablespoon white vinegar
- 1 (14.5 ounce) can whole peeled tomatoes, chopped
- 1/2 (14.5 ounce) can lentils, drained, juice reserved
- 1 teaspoon dried oregano
- 2 tablespoons chopped fresh parsley
- Salt and pepper to taste
- 1 cup crumbled feta cheese
- 1 1/2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 1/4 cups milk
- Black pepper to taste

- 1 pinch ground nutmeg
- 1 egg, beaten
- 1/4 cup grated Parmesan cheese

Sprinkle eggplant slices with salt and set aside for 30 minutes. Rinse and pat dry.



Preheat oven to 375 degrees.  
Heat oil in a large skillet over medium-high heat. Lightly brown eggplant and zucchini slices on both sides; drain. Adding more oil if necessary, brown potato slices; drain.  
Saute onion and garlic until lightly browned. Pour in vinegar and reduce. Stir in tomatoes, lentils, 1/2 the juice from lentils, oregano and parsley. Cover, reduce heat to medium-low, and simmer 15 minutes.

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## RECIPES...continued from Page 1

In a 9x13 casserole dish layer eggplant, zucchini, potatoes, onions and feta. Pour tomato mixture over vegetables; repeat layering, finishing with a layer of eggplant and zucchini. Cover and bake for 25 minutes.

Meanwhile, in a small saucepan combine butter, flour and milk. Bring to a slow boil, whisking constantly until

thick and smooth. Season with pepper and add nutmeg. Remove from heat, cool for 5 minutes, and stir in beaten egg. Pour sauce over vegetables and sprinkle with Parmesan cheese. Bake, uncovered, for another 25 to 30 minutes.

*Recipe from Allrecipes.com*

### Grated and Sautéed Turnips

1 pound turnips, peeled and grated

4 tablespoons butter

Salt

Freshly ground black pepper

1/2 c Pecan halves, sautéed in:

3 tablespoons butter

If the turnips are small, they do not need blanching. If they are larger than an egg, bring a large pot of water to the

boil and blanch them by cooking 1 - 2 minutes, to remove the strong taste. Drain well and dry with paper towels.

Heat the butter in a large skillet or frying pan. Add the turnips and toss in the butter for 5 minutes. Taste and add salt and pepper as desired. May be made ahead to this point. When ready to eat, add the pecans and toss over high heat 2 - 3 minutes. Serves 6.

*Recipe from www.justvegetablerecipes.com*

### Cherry Tomato, Bocconcini, And Zucchini Pie

Serves 4 to 6

2 tablespoons extra-virgin olive oil  
 1 finely chopped shallot, about 1/4 cup  
 1 small zucchini, 7 1/2 ounces, halved lengthwise and cut crosswise into 1/2-inch-thick half moons  
 1 1/2 pounds cherry tomatoes, plus cherry tomatoes on the vine for garnish  
 1/2 cup grated Parmesan cheese  
 4 ounces bocconcini  
 3 tablespoons fresh basil, chopped  
 1 teaspoon finely grated lemon zest  
 1/4 cup plus 2 tablespoons all-purpose flour; plus more for work surface  
 1 tablespoon sugar  
 Coarse salt and freshly ground pepper  
 Cheese Short Crust, made with Parmesan cheese  
 1 tablespoon heavy cream  
 1 large egg yolk

Heat 1 tablespoon oil in a medium skillet over medium heat. Add shallot; cook, stirring occasionally, until softened, about 3 minutes. Add zucchini; cook, stirring occasionally, until light golden and liquid has been released, about 5 minutes. Transfer to a large bowl; set aside.

Halve one-third of the tomatoes. Stir halved and whole tomatoes, cheeses, basil, lemon zest, flour, and sugar into shallot-zucchini mixture. Season with salt and pepper. Set aside.

Roll out dough on a lightly floured surface to a 13-inch circle, about 1/4-inch thick. Make seven 3-inch-long cuts around



edge of dough, evenly spacing. Trim to make 7 rounded flaps. Transfer to a 10-inch pie plate. Drizzle crust with remaining tablespoon oil. Spread with filling. Fold in flaps of crust, slightly overlapping. Put tomatoes on the vine in center. Refrigerate until cold, about 20 minutes.

Preheat oven to 375 degrees. Whisk cream and egg yolk in a small bowl. Brush crust with egg wash. Bake pie on a rimmed baking sheet until crust is golden brown and juices are bubbling, about 45 minutes.

*Recipe from Martha Stewart Living*

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## Letters from our members

**W**e receive numerous e-mails each week from our members and want to share their comments. We love hearing from you. Feel free to share your comments, recipes and suggestions anytime. E-mail them to me at LMFfree99@yahoo.com.

Photos of each week's share are being posted by

GFF member Lyn Trier on Facebook. Anyone on Facebook can look at the photos Lyn is posting and identify your veggies there. Just "Like" Geauga Family Farms and click on "Links" in the bottom left-hand portion of the page. It will bring up a list of postings from each week, with labeled photos of all the veggies. 

Thank you for the fabulous newsletter each week. I am thrilled to be a part of the CSA in so many ways. Our pick up at St. Noel has become a social event for many of the members, having time to chat with friends of old and new. We have pastries and drinks to share each week and a recipe table which both allow people time to stay and socialize.

Not only are we helping our local farmers and feasting on the gifts that God has provided to us through the earth, but we have created a new social place for our members each week. A true gift!

*~Janice Cackowski, St. Noel*

We love the anticipation of what we are getting every week. And better yet, everything is delicious. Thank you very much.

*~Judy Fischer, Sage's*

Great job on the Family Farms newsletter! My husband Vic Sudik and I are in our second year of membership, and are enjoying the veggies we get every week.

*~Cynthia Spikell, Warehouse*

Last Saturday was our pick up day and it was also a farm tour day. We took the opportunity to visit the farms and ran into other CSA members, one couple from Willoughby Hills and a couple from our own street. It was nice to see others had had the same idea.

The best part was when I found out that Marvin Herschberger was taking orders for Thanksgiving and Christmas turkeys. I placed our order today rather than ordering an heirloom turkey that would

have to be delivered to our house.

It was an absolutely incredible and unforgettable experience, one I look forward to repeating in the near future.

Knowing the hard labor that goes into what we receive makes us mindful and grateful for what is in each of the shares. Before I looked forward to a seemingly bottomless magician's hat, the share box was somewhat of a potluck surprise. Now, I look forward to what Marvin, Noah, Lester and Dan can share with us out of their labor. There is now a more personal connection to what is in the shares. I also now look more closely at the weather and am mindful of the many ways the farms can be affected.

My family splits a family share with our wonderful neighbors across the street, the Bells, so we are lucky that we can share the experience of not just the great food but also the fun of discovering new recipes-plus we went together to the farms and spent a great afternoon together!

*Erika Newson, First Unitarian*  
(See Erika's pesto recipe on Page 4)

Just wanted to let you know how much my husband and I are enjoying our FRESH vegetables. A couple of weeks ago I was stumped by the vegetable that looked like it might be lettuce - not leaf. I was wondering if it is arugula? Hard to tell some of the vegetables (like lettuce etc.) The SNAP PEAS are to die for!! Haven't received anything we did not like (very much). They are all delicious and very healthy. We cannot wait to see what we receive each week. Thank you all!

*~Marilyn & Frank Fabec, Deepwood*

***"Don't you find it odd that people will put more work into choosing their mechanic or house contractor than they will into choosing the person who grows their food?"***

*~Joel Salatin of Polyface Farm, in Michael Pollan's book, "The Omnivore's Dilemma: A Natural History of Four Meals"*

***Veggie Tip of the Week:*** Keep bok choy refrigerated (32-36°F), storing in a perforated plastic bag. Wash and chop bok choy. Stir-fry with ginger and garlic, adding soy sauce to the pan just before serving.

## RECIPES...continued from Page 2

### California Grilled Veggie Sandwich

Serves 4

- 1/4 cup mayonnaise
- 3 cloves garlic, minced
- 1 tablespoon lemon juice
- 1/8 cup olive oil
- 1 cup sliced red bell peppers
- 1 small zucchini, sliced
- 1 red onion, sliced
- 1 small yellow squash, sliced
- 2 (4-x6-inch) focaccia bread pieces, split horizontally
- 1/2 cup crumbled feta cheese

In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator.

Preheat the grill for high heat.

Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the

middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.

Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese.

Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open-faced grilled sandwiches.

*Recipe from Allrecipes.com*



### Erika Neeson's Favorite Homemade Pesto Sauce

1-1/2 cups fresh basil leaves, plus fresh basil leaves, to garnish

2-4 garlic cloves

4 tbsp pine nuts

1/2 cup extra virgin olive oil

1-1/2 cups freshly grated Parmesan cheese, plus extra to serve

1/2 cup freshly grated Pecorino cheese

14oz. Dried pasta

Salt and ground black pepper

Put the basil leaves, garlic and pine nuts in a blender or food processor. Add 4 tbsp of the olive oil. Process until the ingredients are finely chopped, then stop the machine, remove the lid and scrape down the mixture.

Turn the machine on again and slowly pour in the remaining oil in a thin, steady stream through the feeder tube. You may need to stop the machine and scrape down the mixture from the sides of the bowl once or twice to make sure everything is evenly mixed.

Scrape the mixture into a large bowl and beat in the cheeses with a wooden spoon. Taste and add salt and pepper if necessary.



Cook the pasta according to the instructions on the packet. Drain it well, then add it to the bowl of pesto and toss well. Serve immediately, garnished with the fresh basil leaves. Hand shaved Parmesan around separately.

TIP: Pesto can be made 2-3 days in advance. Transfer it to a bowl and pour a thin film of olive oil over the surface. Cover tightly with plastic wrap and keep it in the refrigerator.

*Recipe from "400 Sauces: dips, dressings, salsas, jams, jellies & pickles"*

## Recipe tips from our members

❖Sandy Simon at St. Paul's makes fruit smoothies and tosses in some greens for extra nutrition. Michelle tried it the other night with dinner, and her kids happily drank their kale smoothies:

1 cup strawberries (try using this week's berries)

1 banana

1/2 cup of plain nonfat yogurt

1 1/2 cups of mango juice (orange juice work s well)

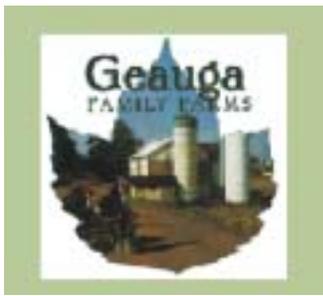
2 tablespoons of GFF honey

1 cup of ice cubes

6 kale leaves (center stem removed and roughly chopped). Throw it all in a blender and process for a few minutes - delicious!

❖Another zucchini tip for a quick side when the grill is going: Cut zucchini into 1/2 inch slices (crosswise or lengthwise), brush with olive oil and sprinkle with curry powder. Place on hot grill and cook until just tender.

❖Try adding some of the CSA veggies to your cold crudite platter - kohlrabi and turnips are great raw. Slice thinly and use with your favorite dip. 



## Cluck-cluck, quack, quack, moo-oo-oo

**D**ucks have been added to the selection of poultry available from GFF farmers now. Free-range chickens and ducks are fed organic minerals; most are fed conventional feed. The freshly butchered chickens are \$2.50 a pound. Most weigh in at about 4 pounds or so.

Please call Michelle Bandy-Zalatoris at 216-321-7109 or Laura Dobson at 440-478-9849 to place your order. Chickens and ducks **MUST** be picked up at the farms.

Also available is grass-fed, pastured groundbeef. For CSA members, the cost is \$3.75 per pound delivered with your shares. Contact Kathleen Webb at 216-408-7719 or [gfamilyfarms@aol.com](mailto:gfamilyfarms@aol.com). 

## Sneak Some Zucchini onto Your Neighbor's Porch Day is Aug. 8

**M**ichelle Bandy-Zalatoris found this article about this funny holiday on a Web site with an equally funny name: [www.gone-ta-pott.com](http://www.gone-ta-pott.com), an online holiday directory. We have reprinted it here, with a couple comments of our own. To read more, visit <http://tinyurl.com/29zbb87>

### What is this holiday for?

Established by Pennsylvanian Tom Roy, this holiday encourages sharing. "Due to the over-zealous planting of zucchini, citizens are asked to drop off baskets of the squash on neighbors' doorsteps."

### What is the origin of this holiday?

Our research found that this holiday was inspired by the "Submit an Entry" form in a copy of Chase's Calendar of Events, Roy and his wife, Ruth, have launched several creative holidays that can be found at [wellcat.com](http://wellcat.com).

I have to say that when I first read about this holiday it made me giggle because I related to sneaking zucchini on neighbor's porches oh so well. I myself have over-planted too much zucchini and didn't know what in the world to do with it. The funny thing is, I don't even like to eat zucchini that much. I planted it just for the fun of planting and watching it grow. So... what did I do? I would put zucchini on my neighbors' porches at night so they wouldn't see me leaving it. Why at night you ask? Because everyone I asked if they wanted any zucchini would say... no thank you. I couldn't find anyone who actually liked to cook zucchini that much so instead of letting it rot in the garden, I would put it on the porch of homes in the night. Hahaha!

### How can this holiday be celebrated?

- ◆By sharing some of the zucchini you receive in your CSA share with your neighbors.
- ◆By growing your own zucchini in your own garden and giving some away to your friends, or sneaking some of it onto their porches at night (or, into the unlocked cars of the unsuspecting at church).
- ◆Learn to cook zucchini so you like to eat it! 

## Farm Visits

### Meet the Farmer Dates 2010

**Fourth Tuesdays – 6:30-8 p.m.**

**Second Saturdays – 1-4 p.m.**

*Drive out to picturesque Geauga County for a visit with the farmers of Geauga Family Farms. The second Saturday and fourth Tuesday of every month through October, CSA members can come see where their food is grown, and meet the farmers who have nurtured the certified-organic produce shareholders receive each week in their CSA share. For a map of all the farms, visit our Web site at [www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org) and click on Meet Our Farmers on the left.*

**Tuesday, July 27**

Lester Hershberger

**Southern Geauga County farms:**

**Saturday, Aug. 14**

Jonas L. Byler

Thomas C. Byler

[www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org)

### Mailing address:

Gaugua Family Farms For more information, call 440-478-9849  
17050 Nash Road Web site: [www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org)  
Middlefield, OH 44062

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