

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: Potatoes, peas, beans, tomatoes, zucchini, cauliflower, bunching onions, patty pan squash, cucumbers, pickling cucumbers, yellow squash, kale, blueberries, lettuce, raspberries and Swiss chard.

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. 

## It's zucchini time!

**I**t's the time of year when you can't turn your back on your garden or the zucchini will multiply so fast you won't have enough friends to give it to. The time of the growing season when you'll find zucchinis the size of baseball bats hiding behind giant elephant-ear-sized leaves, and suitable only for zucchini bread.

Barbara Kingsolver wrote in her book, "Animal,

Vegetable, Miracle," that the only time country folks lock their car doors at church is when zucchini is in full swing. They fear some well-meaning gardener will put the prolific squash in their car to get rid of it.

Here are a few recipes for you so you don't have to resort to gifting friends and unsuspecting relatives with your extra zucchinis.

### Zucchini Potato Latkes

Serves 6

- 1 large onion
- 6 small, tender zucchinis, trimmed
- 3 large, yellow potatoes, scrubbed but unpeeled if they are organic
- 3 large eggs
- 1 tsp. safflower oil
- 2 tsps. salt
- 1/4 tsp. black pepper
- 1/2 to 3/4 cups matzo meal or potato flour
- High-heat safflower oil, for frying

Grate onion in a food processor and place in a large bowl. Grate zucchini in the processor and add to onion. Grate potatoes in the processor and add to onion and zucchini. The juice from the onions prevents potatoes from turning

black. Or, finely dice onions and grate zucchini and potatoes by hand with a box grater.

Using your fingers, pick up small amounts of zucchini-potato mixture by the handful and squeeze out as much moisture as possible. Reserve all liquid and allow it to settle in a bowl for a few minutes. Put pressed mixture in a clean bowl. Carefully pour off watery part of reserved liquid but do not discard thick starchy sediment at the bottom of the bowl. Scrape that into potato mixture.

In a small bowl mix eggs, oil, salt and pepper and combine with potato mixture. Add matzo meal to batter, starting with 1/2 cup and adding more if necessary until potato mixture has enough body to form pancakes.

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Heat a 1/2-inch depth of oil in a heavy skillet, preferably cast iron. Form potato mixture into pancakes of about 3 inches in diameter and drop into oil, taking care not to crowd pancakes. Fry, turning once, until golden on both sides for a total of about six minutes. Drain on paper bags.

Keep pancakes warm while the rest are frying by placing cooked, drained pancakes in a preheated 200°F oven.

Serve with applesauce and/or sour cream and sauteed onions.

*Recipe from WholeFoodsMarket.com*

### Drop Dead Delicious Stuffed Zucchini

Serves 4

4 medium zucchinis  
 1 medium onion, minced  
 1 roasted red pepper, chopped  
 1/2 red pepper, chopped  
 2 garlic cloves  
 1 egg, beaten  
 2 thyme, sprigs  
 1/4- 1/2 tsp. oregano  
 Salt and pepper  
 3/4 pound ground beef (or chicken, turkey, fish, a can of tuna, or other veggies...you get the idea)  
 2 tablespoons olive oil  
 8 slices cheese, any type  
 Wash zucchini, and put in a pot of cold water (do not remove ends). Bring to a boil and cook until tender, about 10-15 minutes, maybe a little longer depending on the size of your zucchini.  
 Meanwhile, heat olive oil in a fairly large skillet. Saute

onions, red pepper, thyme and oregano., adding garlic last.

When the veggies begin to soften, add ground meat (or whatever you are using), season with salt and pepper, and brown until cooked through. Drain off any excess grease.

Set aside to cool slightly. When the zucchini have cooked through, remove from water and allow to cool enough to handle. Slice cooled zucchini lengthwise and scoop out center, leaving a little veggie flesh to form a boat.

Mix ground meat mixture with the red peppers, and the scooped out zucchini (chopped), and the egg.

Fill the zucchini boats with the mixture, and top each with a slice of cheese. Bake in a 375°F oven for 20-30 minutes, until heated through, and cheese begins to bubble and brown. Serve hot.

Note: If making this dish with tuna or fish, add a little mayo or garlic mayo, and substitute the raw egg for a hard boiled and chopped one.

*Recipe from RecipeZaar.com*

### Parmesan Vegetable Bake

Serves 4

1/2 cup seasoned dry bread crumbs  
 1/2 cup grated Parmesan cheese  
 2 tablespoons butter, cut into small pieces  
 1 clove garlic, minced  
 1 tsp. dried oregano  
 1/4 tsp. black pepper  
 1 large baking potato, cut into 1/4 -inch-thick slices  
 1 large tomato, cut into 1/4-inch-thick slices

crumbs, Parmesan cheese, butter, garlic, oregano and pepper in small bowl; mix well. Arrange potato slices in prepared casserole, overlapping slightly. Sprinkle with 1/3 crumb mixture. Top with zucchini slices; sprinkle with 1/3 crumb mixture. Top with tomato slices. Sprinkle with remaining crumb mixture.

Cover; bake 40 minutes. Remove cover; bake 10 minutes more or until vegetables are tender.

Preheat oven to 375 degrees F. Spray shallow 1-quart casserole with nonstick cooking spray. Combine bread

*Recipe from "Too Many Tomatoes, Zucchini's, Peppers"*

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## Letters from our members

**W**e have received numerous e-mails from our members and wanted to share their comments. We love hearing from you. Feel free to share your comments, recipes and suggestions anytime. E-mail them to us at LMFree99@yahoo.com.

This week we are featuring a note from Lyn Trier, who picks up at the JCC in Beachwood. She asked me about one of the items in her share and

directed me to a photo site so I could identify the item in question. I found out that she is posting the photos 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. 

*Just want to say that I am loving the CSA. I belonged to one back in the mid '90s and this is so much better. The variety is amazing!!! I'm picking up at the warehouse and am loving that, too. Nothing better than a ride out in the country after a rough day at work. The first evening I met Rosanna's younger sister- in a horrible downpour- I drove past the farm three times because it was raining so hard I couldn't see the numbers- I finally pulled off the road and waited for the rain to slow down.*

*The next week I met two young cousins who live in the house in front of the warehouse- they were delightful! They told me that their cousin was the boss and that she was going to teach school in the fall and then her sister was going to be the boss. The young lady also told me there was honey and baked goods in the warehouse that I could buy. She was just so adorable that I laughed all the way home. The next week a young man appeared at my shoulder and helped me pick out some cookies and honey.*

*Last night I met Rosanna and bought a dozen eggs. That's another plus to picking up at the warehouse- the extras that you can purchase. :-)*

*It is like Christmas every week, even if I have an idea of what is in the box. Every Friday my co-workers want to know what I got in my box that week- think I might have some future customers. :-)*

*I took today off to try some new veggie recipes. I'm so glad I decided to do this!*

*~Rhonda Austin, Warehouse*

*I am looking forward to trying the beef. The vegetables have been excellent, and I appreciate the recipes in the newsletters. Some things, like kohlrabi, I was not familiar with, and had no idea what to do. Dicing and baking them worked out well – my wife and I are big kohlrabi fans now. We are very happy we joined the CSA – keep up the good work!*

*~Bob Sheplavy, First Church Congregational*

*I have a funny story to share with you. Before I went out the door to pick up our first share this season, my 9 year-old daughter called out to me, “Don't bring home any kale!” She, along with her 2 other sisters, hadn't liked kale in the past. When I came back that 1st week without kale, she was relieved. The 2nd week, she complained bitterly about the kale I brought home. I decided to try one of your suggestions about roasting the kale with olive oil and salt. We called them kale chips and they were a huge hit! Each of the girls had second AND third helpings. Each week since, as I go to pick up our share, my 9 year old calls out, “Please bring home kale!” We were all happy to see it in our share this week! Thanks! ~Nancy Soclof, JCC*

**Correction:** Last week's newsletter article on peas indicated that peas are high in insoluble fiber.

While we don't know if this is true or not, we do know, thanks to observant CSA member Rachel Mann, that the article was incorrect in stating that insoluble fiber is important in regulating cholesterol levels.

It is actually soluble fiber, not insoluble fiber that does this. (Insoluble fiber does help with

constipation, however.)

Rachel looked into this because of her own elevated cholesterol LDL levels. There is evidence that soluble fiber helps lower the “bad” LDL cholesterol.



## Tomato and Mozzarella Tart

Serves 6 to 8

Thawing the frozen puff pastry in the refrigerator overnight will help prevent cracking while unfolding it. Be sure to use a low-moisture supermarket mozzarella sold in block form, not fresh water-packed mozzarella. If you prefer to do some advanced preparation, the tart shell can be prebaked through step 1, cooled to room temperature, wrapped in plastic wrap, and kept at room temperature for up to two days before being topped and baked with the mozzarella and tomatoes.

Unbleached all-purpose flour for work surface  
 1 box of frozen puff pastry, thawed in box in refrigerator overnight  
 1 large egg, beaten  
 2 ounces grated Parmesan cheese (about 1 cup)  
 1 pound plum tomatoes (about 3 to 4 medium), cored and cut crosswise into 1/4-inch-thick slices  
 Salt  
 2 medium cloves of garlic, minced or pressed through garlic press (about 2 teaspoons)  
 2 tablespoons extra-virgin olive oil  
 Ground black pepper  
 8 ounces mozzarella cheese, shredded (2 cups)  
 2 tablespoons basil, fresh, shredded

Adjust oven rack to lower-middle position and heat oven to 425 degrees F.

Dust work surface with flour and unfold both pieces puff pastry onto work surface. Form 1 large sheet with border, using beaten egg as directed. Sprinkle Parmesan evenly over shell; using fork, uniformly and thoroughly poke holes in shell. Bake 13 to 15 minutes, then reduce oven temperature to 350 degrees F; continue to bake until golden brown and crisp, 13 to 15 minutes longer. Transfer to wire rack; increase oven temperature to 425 degrees F.

While shell bakes, place tomato slices in single layer on double layer paper towels and sprinkle evenly with 1/2 teaspoon salt; let stand 30 minutes. Place second double layer paper towels on top of tomatoes and press firmly to dry tomatoes. Combine garlic, olive oil, and pinch each salt



and pepper in small bowl; set aside.

Sprinkle mozzarella evenly over warm (or cool, if made ahead) baked shell. Shingle tomato slices widthwise on top of cheese (about 4 slices per row); brush tomatoes with garlic oil. Bake until shell is deep golden brown and cheese is melted, 15 to 17 minutes. Cool on wire rack 5 minutes, sprinkle with basil, slide onto cutting board or serving platter, cut into pieces and serve.

To form the tart shell, brush egg along one edge of one sheet of puff pastry. Overlap with second sheet of dough by 1 inch and press to seal pieces together. With rolling pin, smooth out seam. Dough should measure about 18 by 9 inches. Use pizza wheel or knife to trim edges straight.

With pizza wheel or knife, cut 1-inch strip from long side of dough. Cut another 1-inch strip from same side.

Cut 1-inch strip from short side of dough. Cut another 1-inch strip from same side. Transfer pieces of dough to parchment-lined baking sheet and brush with egg.

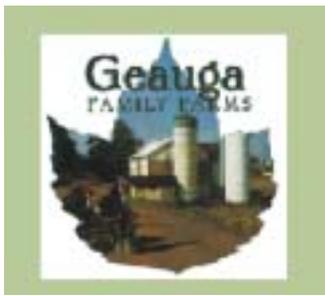
Gently press long strips of dough onto each long edge of dough and brush with egg. Gently press short strips of dough onto each short edge and brush with egg.

With pizza wheel or knife, trim excess dough from corners.

*Recipe from America's Test Kitchen*

**"Eat food. Not too much. Mostly plants."**  
 ~Michael Pollan,  
 from his book  
**"In Defense of Food, An Eater's Manifesto"**

**Veggie Tip of the Week:** Tomatoes should never be refrigerated before cutting, because cold temperatures cause their flesh to become mealy and lose flavor. Instead, store them at room temperature out of direct sunlight.



## 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 beef. 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). 

## Ask a Farmer

Are you curious about farm life in Geauga County? Have a question about something you've received in your share? Wondering how so much is accomplished without the use of electricity and power tools? Curious about how upcoming agricul-

tural legislation affects small, family farms?

Send your questions for our new "Ask a Farmer" section of the newsletter to [BandyZ@sbcglobal.net](mailto:BandyZ@sbcglobal.net), or [LMFree99@yahoo.com](mailto:LMFree99@yahoo.com) and we'll get answers for you. 

## 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.*

### **Northern Geauga County farms: Saturday, July 10**

Daniel Fisher - D & S Farm & Garden  
Marvin Hershberger - Hershberger Organic  
Andy Miller - Miller Organic Produce  
Noah Yutzy - Parkman Produce  
Lester Hershberger

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

#### **Mailing address:**

Geauga Family Farms For more information, call 440-478-9849  
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