

ZUCCHINI FRITTERS

Adapted from willcookforsmiles.com

3 Tbsp cooking oil	1/3 c grated parmesan
2 c zucchini	1/4 c shredded mozzarella
1 c Panko breadcrumbs	2 garlic cloves
2 eggs	salt and pepper

1. Grate zucchini on a box grater, on the side with larger holes, and transfer into a mesh bag or cheesecloth. Squeeze out as much liquid as possible.
2. Transfer squeezed zucchini into a bowl and add remaining ingredients. Mix until thoroughly combined.
3. Heat large pan over medium heat. Add oil and use an ice cream scoop to scoop out even amounts of zucchini mixture. Gently shape the fritters with your hands and place into the pan.
4. Cook 4-6 minutes on each side, adding more oil between batches of fritters.

WARM GREEN BEAN SALAD WITH CRISPY POTATOES

Adapted from wellseasonedstudio.com

Dressing:

1 1/2 lbs potatoes, in 1-in pieces	1/2 c extra virgin olive oil
1/2 tsp baking soda	2 Tbsp lemon juice
2 Tbsp extra virgin olive oil	1 Tbsp fresh oregano, chopped
1 lb green beans	1 Tbsp chives, thinly sliced
1/2 small red onion	1 small clove garlic, finely chopped
1/3 cup kalamata olives	1 tsp honey
1/3 c feta cheese	1 tsp salt
salt and pepper	1/4 tsp black pepper

1. Heat oven to 450 F. Bring 2-3 quarts of water to rapid boil. Submerge beans in water, cook exactly 3 minutes, then transfer to ice bath. Cool 5 minutes before draining.
2. Return pot to rapid boil. Add baking soda and 1 Tbsp salt. Add potatoes and cook 10-12 minutes. Drain, then return potatoes to the warm pot, seal with a lid, then hold in place with pot holders and shake vigorously 15-20 seconds.
3. Drizzle olive oil on baking sheet, then pour potatoes on top in even layer. Cook 40 minutes, flipping potatoes once halfway through.
4. Combine dressing ingredients in a bowl and whisk.
5. Place green beans on a large platter. Top with potatoes, red onion, olives, and feta cheese. Drizzle dressing on top and serve.



Summer CSA News



June 24-30, 2024

Week 6 of 20

Volume 21, No. 23



Leafy Greens: Store leafy greens in the fridge in a perforated plastic bag. If you chop and wash ahead of time, spin the leaves dry before putting back in the bag with a dry paper towel to absorb moisture. Refresh by plunging them in ice water 15-20 minutes.

Beans: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

Carrots, Turnips, Beets, Radishes: Store in a bag, or other container in the coldest crisper bin of your fridge. If your root vegetables still have greens attached, cut them off. Keep the greens refrigerated in a closed plastic bag. The roots should last for weeks.

Zucchini: All summer squash and zucchini can be used interchangeably. Store unwashed in a perforated plastic bag in the vegetable bin of your fridge. They should keep for more than a week.

Okra: Keep okra in a paper bag in the fridge. It will store for a week. A small bit of black streaking is normal. Wash and cut just before use.

First Time CSA-er

Unbeknownst to me, my wife signed me up for an Elmwood Stock Farm CSA. Friday evening after prepping the vans for farmers markets, she reminded me to grab my CSA share on the way out.

“What! I actually have a bag full of goodies? With my name on it and everything?” I questioned.

“Yep,” she said, “I picked for you this time. Next week you’re on your own.”

I felt like summm-body. It was reminiscent of the first time I saw my name in the phone book. We are going on 21 years of CSA share-making, and now I finally have awesome organic foods, in a bag, with my name on it, every week, just like our members!

The back story is that for all these past twenty plus years, most of what Ann and I eat comes from here, or from an organic farmer we know. One reason we grow so many products is because we like to eat all kinds of stuff, plus the diversity creates a robust ecosystem. The crop and livestock enterprises benefit each other, literally feeding off each other in symbiosis. All the while they are feeding us. The collective whole is far greater than the sum of the parts.

Our modus operandi over the years is to take home a package or two of meat that looks odd for some reason—less eye appeal if you will, be it smaller size, mis-shaped cut, bad vacuum seal, etc. Usually when I cook meats, I think why not make it last several days, whether that’s every evening until it’s gone, or stretch it out over the week. (Last summer we got on a taco salad kick and had it six or seven nights in a row.) Occasionally I may get a hankering for a certain dish, and I will retrieve a perfectly good package of organic meat from the farm store, although it feels a little decadent when I do.

With the meats lined out, the veggies we take home are either culled at harvest because of some blemish or did not sell at market and go onto the “kitchen” shelf for employees and farm families. Every so often my wife or I will scurry out at the last minute to glean in various fields and pick our own dinner. We are blessed to have such bounty around us, and I am reminded that hard work really does put you in a position for good things to happen.

So, to receive a bag of Elmwood foods with my name on it blew me away. I have packed thousands of shares over the years. I see how good so many of you are eating, and I picture you sitting at a table with beautiful plates or bowls of food before you. Until now, none of those shares had a pre-printed sticker with my name. I am surprised with how much it means to me!

On Friday evening, I hurried home to work up my share. I could kind of see through the bag and I know what we like to eat. I liken the experience to a Christmas stocking, as the unpacking adds a degree of excitement. The bags of bright shiny salad mix and arugula were nestled on top, with a big bag of green curly kale underneath. I made more room on the counter for the loaf of Hopewell 10-grain sandwich bread, a bag of Caffè Marco decaf coffee, and my own eggs. Neatly tucked amongst these bigger items was a bunch of asparagus, a brown paper bag rolled nicely to cradle the stringless green beans, a bunch of beets, and a head of green garlic. First thing I did was take a picture, even though I have never posted on Facebook or Instagram.

The bread and coffee got put away; it is comforting to know there is enough bread to last a while and there is no chance of running out of coffee. Half the arugula and half the salad mix went straight to the salad spinner, where it lives on the bottom shelf in the fridge. The remainder of the salad greens and the kale have their spot next to the spinner for later in the week. I tossed the asparagus and some of the green beans into the steamer to soften them up (I like mine cooked tender) before a quick sauté in toasted sesame oil. I cut up some salad mix, added in some carrots that were squirreled away in the fridge. It seems like we had some leftover chicken legs ready to go, so dinner was a snap, and fantastic.

I looked at the schedule and decided I would roast the beets on Monday to have them on our salads the rest of the week. We got three meals out of the green beans, and the kale was such a big bunch that it over-flowed the ceramic bowl we use for kale salad, that also lives in the fridge above the salad spinner.

The most remarkable thing that came from my first CSA experience is it prompted me to plan ahead in meal prep. Within an hour of getting home I pretty much knew what we would be eating each day of the week, versus deciding on the fly each afternoon. I find it to be very comforting, as busy as we are. I not only know where my food comes from, but it comes neatly wrapped up for me too.

Logging in to make the selections for the next week’s share was easy, even for an old fuddy-duddy-around-computers dude like me. After loading my cart with a nice mix of veggies, I decided the granola and English muffins would make nice additions to menu planning and anchored them with a pack of chicken thighs and a pound of ground lamb.

Now, next week’s culinary delights are basically set, as all I must do is pick up a bag with my name on it. As a first timer, I’ll be sure to eat it all! —Mac