



## Week 5

### Farm News:

The cucumbers and summer squash are coming in strong this week and we have a good succession of plantings, so we should have an abundance all summer. We harvested the first couple of cherry tomatoes yesterday. It will still be a couple of weeks before we have enough tomatoes for everyone, but it is a good start. We are now in full swing of summer, which is weeding, weeding, weeding and problem solving. We have to monitor the health of the plants for nutrient deficiencies, pests and diseases. It definitely keeps us on our toes.

### This Week's Share (probably):

New Potatoes  
Lettuce  
Kale/Collards  
Summer Squash  
Zucchini  
Cucumber  
Onions  
Green Peppers

### Vegetable of the Week:

#### *Summer Squash*

Although we all think of summer squash and zucchini as two separate things, the term summer squash actually includes the typical yellow squash, zucchini and patty pan squash. Summer squash can be a versatile vegetable, you can sauté it, fry it, grill it, stuff and bake it, eat them raw, use them in breads and even cake, and so much more! This year, we are growing five different types of zucchini: two traditional green zucchinis, golden glory (a yellow zucchini with great flavor), safari (a green striped zucchini), and gold mine (a golden zucchini with stripes). We are also growing three different types of traditional squashes: slik pik (a traditional straight neck), gold star (a smooth-skin crook neck) and zephyr (this summer squash is half yellow and half green with a delicious nutty flavor, firm texture, and not as many seeds as other varieties).

### Recipe of the week:

#### *Fried Zucchini with Mint*

(from "The Farmer's Kitchen" by Shanks and Grohsgal)

Ingredients:

2 lbs zucchini of summer squash  
2 tbs all-purpose flour

1 egg, lightly beaten and mixed with 1 tbs water  
1 cup bread crumbs  
4 tbs olive oil  
4 tbs butter  
3 tbs white wine vinegar  
1 tbs sugar  
1 tbs mint  
Salt to taste

Preparation:

1. Wash and dry zucchini. Cut into quarters. Season with salt to taste
2. Dust zucchini with flour. Toss in egg wash, and coat in bread crumbs.
3. Heat pan over medium flame. Add oil and butter. Fry zucchini on all sides until bread crumbs are browned and crispy. Drain on a paper towel.
4. In a separate pan, heat sugar and vinegar, and cook until sugar dissolves. Stir in mint. Pour over zucchini.

### *Secret Chocolate-Spice Cake*

(from "Simply in Season" by Lind and Hockman-Wert)

Ingredients:

2-3 cups shredded, raw zucchini or summer squash (you can use 2 cups of cooked, peeled beets in place of the squash)  
½ cup applesauce  
1 ½ cups sugar  
½ cup oil  
½ cup plain yogurt  
3 eggs  
½ cup baking cocoa  
1 ½ tsp vanilla  
1 ½ cups flour  
1 cup whole wheat flour  
1 ½ tsp baking soda  
½ tsp ground cinnamon (optional)  
½ cup chocolate chips and/or nuts

Preparation:

1. Puree the squash and the applesauce. Set aside.
2. Combine the sugar, oil, yogurt, and eggs and beat for 2 minutes.

3. Add the baking cocoa, vanilla and the squash/applesauce puree, and beat for another 90 seconds.
4. Gradually stir the flour, baking soda, salt and cinnamon into the batter with a spoon.
5. Finally, stir the chocolate chips (and nuts if using) into the batter.
6. Pour into a greased 9 x 13 inch baking pan. Bake in a preheated oven at 350 F, until knife inserted in center comes out clean, about 40-50 minutes.