

# Camas Swale Farm

August 31- September 4 2012



Harvesting onions is always rewarding!

## What's in my share?

- Melon: *Honeydew or Canteloupe*
- Tomatoes: *Mixed heirlooms & salad types*
- Cherry Tomatoes
- Summer Squash: *Mixed varieties!*
- Hot Pepper: *Anaheim*
- Green Bell Peppers
- Sweet Corn
- Eggplant
- Green Beans
- Sierra Lettuce
- Cucumbers
- Red Onions
- Garlic
- Basil

## Stuffed Summer Vegetables

Adapted from Cooking Light magazine

This recipe is for 2 zucchini (4 servings). Make more of the filling and use it to fill bell peppers, Anaheim peppers, or halved and scraped out eggplant!

- 2 medium-large zucchini
- 2 teaspoons olive oil
- 2 tablespoon chopped basil
- 1 cup chopped onion
- 1 ½ cup chopped bell pepper, or mix in some Anaheim for some mild spice
- 1 ½ cup chopped tomatoes
- 2-3 garlic cloves, minced
- ¼ cup feta cheese, crumbled
- 1/3 cup panko or coarse breadcrumbs
- salt and pepper to taste

Preheat oven to 350°

Cut the zucchini (or peppers or eggplant) lengthwise and scoop out the pulp, leaving ¼ inch-thick shell. Place zucchini halves with the scooped-out side downward on a greased baking sheet and bake at 350° for 15 minutes.

Chop the remaining zucchini pulp into ½ inch pieces. Heat up olive oil in a skillet over medium-high heat. Sauté onions for 5 minutes and then add peppers, basil, garlic, zucchini pulp, and tomatoes and sauté for another 6 minutes\*. Add salt and pepper to taste. Remove from heat and mix with feta cheese and panko/breadcrumbs.

Now you can fill your zucchinis with the mixture! Add extra breadcrumbs mixed with some olive oil to the top if you'd like. Bake for 20 minutes on a greased baking sheet.

\*Note: If using eggplant, sauté eggplant pulp for 5 minutes separately from the other veggies and add back into the mixture with the breadcrumbs and feta.

# News from the farm

As early-summer green beans and squash begin to slow down, late-summer crops are kicking into high-gear. Tomato, eggplant, pepper, and melon harvests amount to hundreds of pounds each week and keep us picking! This must be why the wheelbarrow was invented.

It's melon season! We have thoroughly enjoyed mid-day breaks to test-taste the many varieties in the field for ripeness. Some varieties pull off the vine easily when ripe, others need a little tug. We have done our research and you will find a ripe melon in your share this week!

If you ever have too many tomatoes, freezing is the easiest way to preserve them. Freeze individual tomatoes on baking sheets and then transfer to freezer-safe bags. You can also freeze or can tomato sauce. We have lots of tomatoes available for bulk ordering. Contact us if you are interested!

## Eggplant and White Bean Hummus

From the Food Network website

### Ingredients

1 (1 1/2-pound) eggplant trimmed and cut into 2-inch pieces  
Olive oil, for drizzling, plus 1/3 cup  
Salt for seasoning, plus 1/2 teaspoon  
Freshly ground black pepper for seasoning, plus 1/4 teaspoon  
1 (15-ounce) can cannellini beans drained and rinsed (or 2 cups cooked)  
1/3 cup loosely packed fresh parsley  
3 tablespoons fresh lemon juice (from about 1 lemon)  
1 clove garlic  
1-2 cucumber cut into 1/4 inch thick slices

### Directions

- Preheat the oven to 450 degrees F and place an oven rack in the middle.
- Place the eggplant on a parchment paper-lined baking sheet. Drizzle with olive oil and season with salt and pepper. Roast for 20 to 25 minutes until golden brown. Set aside to cool.
- In the bowl of a food processor, combine the cooled eggplant, beans, parsley, lemon juice, 1/2 tsp salt, and 1/4 tsp pepper.
- Pulse until the mixture is coarsely chopped. With the machine running, gradually add the 1/3 cup olive oil until the mixture is creamy. Season with salt and pepper to taste.
- Place the hummus in a dipping bowl and serve with cucumber slices.