



# Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~  
203-929-2003 · [stonegds@comcast.net](mailto:stonegds@comcast.net)

## CSA NEWSLETTER WEEK #12, AUGUST 19<sup>TH</sup> 2009

Hello Everyone,

This past week has been quite busy on the farm. All our crops are in full swing except for our fruits (while Fred did pick some cantaloupe this weekend, it still needs some time and our watermelon is still a little ways away). However, we have been picking all varieties of our eggplant and the peppers are just starting to turn – those brilliant reds and oranges are not that far away! In addition, we are happy to announce that broccoli has made an early appearance and will be provided in everyone's share.

This week everyone's share contains eggplant, tomatoes, broccoli, kale, potatoes, and potted herbs. In addition, full shares have onions, beans, peppers, beet greens (as we are thinning out a new planting), squash or zucchini, and a bunch of basil. Unfortunately, this week we were unable to put corn in the shares as we had expected to be picking a lot more than we are able to, but it is always available in the stand.

The box specials for tomatoes are still available if you are interested in making fresh tomato sauce, salsa, or canning your own tomatoes. If you have purchased a box of tomatoes or are interested in purchasing a box, please stop in the stand for pick up or more information. We have been fortunate enough to avoid the late blight disease by taking preventative measures. Thank you for your cooperation and we hope that you enjoy your box of veggies this week!

Stacia

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**SPECIAL BASIL storage notes:** It shouldn't get too cold, so try to find the 'warmest' place in your fridge. For some that's the door, for others that might be the produce drawer. In my own fridge, the back of the fridge tends to get coldest.... I've read recently that wrapping the basil bunch in a damp clean cloth (I used an old clean cloth napkin) and put that in the 'vegetable crisper'. It worked for me! If you're not sure about your fridge you can try keeping your basil as a flower bunch in a jar with water at the stems. I don't recommend drying basil: it's best used up or made into pesto and then freezing the pesto if you want to keep the flavor for another week/month.

## **BASIL PESTO**

3 Tablespoons pine nuts or almonds, lightly toasted  
1 Cup lightly packed basil leaves  
2 Tablespoons Italian parsley leaves  
1 lg. clove garlic, thinly sliced  
1/3 Cup olive oil  
parmesan cheese  
salt

In a food processor (or blender), combine nuts, basil, parsley, and garlic. Pulse, until well chopped. With motor running, add oil in a stream. Transfer mixture to a bowl and stir in cheese and salt to taste. Store with a thin layer of oil to keep fresh and green. (The parsley helps keep the bright green color too.)

## **Zucchini with Basil and Pecorino Romano Cheese** from *Verdura* by Viana La Place

1 1/2 pounds firm zucchini  
4 Tablespoons extra-virgin olive oil  
3 garlic cloves, peeled and chopped  
Salt and Pepper to taste  
3 Tablespoons freshly grated imported Pecorino Romano cheese  
10 basil leaves

Wash the zucchini well. Trim the zucchini and slice into thin coins. Place olive oil in a large sauté pan and turn the heat to high. Add the zucchini and toss in the oil until it is lightly golden in spots but still crisp, about 4 minutes. Turn the heat to medium low; add the garlic and S & P to taste. Cook until the zucchini is tender but still has a trace of crispness.

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Transfer the zucchini to a serving platter. Sprinkle the grated Pecorino Romano cheese over the zucchini. Tear the basil leaves into fragments and scatter them over the top.

## SMASHED POTATOES WITH PESTO

Boil in salted water to cover until very tender:

3 lbs. potatoes

Drain well and return to the pan. Place back on the burner and shake to dry the potatoes. Peel all or half of the potatoes, and then smash with a large spoon or fork, blending in:

1/2 cup milk

1 tbsp. butter

Add:

1/2 cup pesto sauce

1/2 cup salt and pepper, to taste

Serve hot. The potatoes can be placed in an oiled baking dish and reheated in a 375 degree oven just before serving.

Joy of Cooking, Rombauer, et al.

## Grilled Eggplant

- 6 to 8 Japanese eggplant, about 2 pounds
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- salt and pepper, to taste

## Preparation:

Wash eggplants and pat dry. Combine olive oil and minced garlic. Rub eggplants with olive oil mixture, coating each well. Sprinkle eggplants with salt and pepper. Prepare grill for direct-heat cooking.

When coals are ready, place eggplant over direct heat and close lid. Turn several times during cooking. Eggplant should be done in about 5 to 6 minutes.

Serves 6.

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