

Seasonal Recipes & Ohio Poetry

Gutowska Bon Bon Oignon Au Jus Vinaigrette (Repeat Recipe)

1 handful of chopped sweet onion
1 big tbsp of white vinegar
1 tsp salt
1 tsp pepper
3 cloves of garlic (crushed)
3 tbsp oil (olive, safflower, canola, or sunflower)

Take chopped sweet onion and crush with vinegar, salt, pepper, garlic, Add oil and mix together to taste. Toss with your favorite salads. Also, try variations with different vinagers and oils.

Untitled

By John Chapman*

Come in ! Come in ! Nor like an owl The tattered cloak that round him clung
Thus hoot your doleful humors; Had warred with foulest weather;
What fiend possesses you to howl Across his shoulders broad were flung
Such crazy, coward rumors? Brown saddlebags of leather.

The herald strode into the room; One pouch with hoarded seed was packed,
That moment through the ashes, From Penn land cider-presses;
The back-log struggled into bloom The other garnered book and tract
Of gold and crimson flashes. Within its creased recesses.

The glimmer lighted up a face, A glance disdainful and austere,
And o'er a figure dartled, Contemptuous of danger,
So eerie, of so solemn grace, Cast he upon the pioneer,
The bluff backwoodsman startled. Then spake the uncouth stranger :

The brow was gathered to a frown. "Heed what the Lord's anointed saith ;
The eyes were strangely glowing, Hear one who would deliver
And, like a snow-fall drifting down, Your bodies and your souls from death ;
The stormy beard went flowing. List ye to John the Giver.

***John Chapman, or "Appleseed Johnny," was an eccentric character who came to Ohio from Massachusetts about the beginning of the 1800's. He lived a great many years in Richland County. His penchant was to plant appleseeds and his nurseries extended all over Northern Ohio and finally into Indiana. He was a Swedenborgian in religion and as he went on his rounds proclaimed his faith. Newell Dwight Hillis has written a book entitled, "The Quest of John Chapman.**

Roasted Beet Salad with Goat Cheese and Pistachio Vinaigrette

(For the Vinaigrette)

1/2 cup fresh lemon juice and zest of one lemon
1 teaspoon Dijon mustard
1/4 teaspoon honey
1 shallot, finely chopped
1/2 cup canola oil
1/4 cup olive oil
Salt and pepper to taste

1 pound mixed greens, or your favorite salad mix
10 small red beets
1 (-6oz) log fresh goat cheese
1/2 cup finely crushed pistachio nuts, not toasted
1/4 cup all purpose flour
1 egg beaten with 2 tbsp water

Heat the oven to 400 degrees. Place the beets on a piece of aluminum foil on a baking sheet and make a pouch out of the foil, sealing it tightly. Bake beets for 40 minutes. Remove from oven and let beets steam for 10 minutes. Open the pouch and let the beets cool slightly. This can be done a day in advance. Whisk together lemon juice, lemon zest, mustard, honey and shallot in a small bowl. Slowly whisk in the oils and season with salt and pepper. Set the vinaigrette aside. After the beets have cooled enough to handle, remove and discard the skins and cut into bite-size pieces. Mix the beets with half of vinaigrette, then mix the salad greens with the rest of the vinaigrette. Transfer greens to plates and top with beets. Cut goat cheese log into six portions and form the goat cheese into disks. Using the breading procedure, dust goat cheese disks in flour. Next, dip in the beaten egg mixture, and then roll in pistachios. Follow this process with all six goat cheese disks. When you are ready to serve, heat 2 inches of canola oil in a small saucepan. Heat the oil to 350 degrees and deep-fry the goat cheese discs until golden brown. Serve on top of the salad mixture. To garnish, add a few chopped pistachios and drizzle with more honey.

HERBALICIOUS INFO

Chives (*Allium schonoprasum*)

The smallest member of the onion family, chives have a milder flavor and are best used as a garnish, snipped over egg or potato dishes, or added to salads and tarts. Like onions, chives are an antiseptic and act as a digestive.

Have a fresh or canning recipe to share? Let us know and we will include it on the following week's info sheet! Call or email 419-290-0442 - eriefresh@gmail.com

Go see the new film FOOD, INC. to learn about current issues facing the food system today!

June 27, 2009 Erie Fresh CSA Share • Week 4

JALAPEÑO • XALAPEÑO • CANDY ONION • OIGNON BON BON • OMLET • OMELETTE



Although our Erie Fresh Certified Farmers grow naturally without the use of harmful chemicals to ensure a quality of excellence for our CSA members, we recommend that you practice good food safety methods and wash the produce before consumption.



for more information about local resources, visit
<http://eriewire.wordpress.com>

**EACH SATURDAY, BE SURE TO RETURN YOUR
EMPTY CANVAS BAG FROM THE PREVIOUS WEEK!**

In Your Share...

- Homegrown Mountain Glory Tomatoes
- Candy Onions
- Jalapeño Peppers (blossom pictured)
- Lemon Basil
- Chives
- Red Leaf Lettuce
- Sylvesta Green Lettuce
- Beets
- Rainbow Carrots
- Strawberries (FINAL WEEK!)

Check Out Your Erie Fresh Growers

and visit <http://sanduskyfarmersmarket.wordpress.com>

Heywood Gardens

Potted edibles, cut-flowers and a variety of seasonal produce. Heywood Gardens experiments in rich heirloom crops that are grown for their exquisite taste.

Thayer Family Gardens

A family farm growing nourished and well-cared for produce and poultry.

J.C. Homestead Farms

Naturally-grown hay, vegetables and a variety of free-range meats.

Riehm Farms - Fun Acres

Five generation family farm offering naturally raised meats and a variety of seasonal produce. A unique and cutting edge vegetable and fruit grower. Using nutritionally tested, organic practices on rich Black Swamp soils.