

Seasonal Recipes & Ohio Poetry

Zucchini in Rich Tomato Sauce

Can be served hot or cold

1 tbsp olive oil
1 onion, chopped
1 garlic clove, crushed
4 zucchini, thickly sliced
2 bell peppers, sliced and seeded
3 cups canned tomatoes, strained
2 fresh tomatoes, peeled, seeded and chopped
1 teaspoon vegetable broth powder OR
ground italian herbs and flax seeds
1 tbsp tomato paste
salt and freshly ground black pepper to taste

Heat the oil in a heavy-based pan, add the onion and garlic and saute for 5-10 minutes or until desired carmelization. Add zucchini and cook for 5 minutes more. Add canned and fresh tomatoes, broth powder and tomato paste. Stir well, then simmer for 10-15 minutes until the sauce is thickened and the zucchini is just tender. Season to taste and serve.

VEGELICIOUS INFO

Leek (*Allium porrum*)

Like onions and garlic, leeks have a very long history. They grow in all sorts of climates and are known to have been eaten by the ancient Egyptians, Greeks, and Romans. Leeks are very versatile, having their own distinct, subtle flavor. They are less pungent than onions, but are still therapeutically beneficial. Excellent in soups and casseroles, leeks can also be used as a pie filling or in tarts, or simply steamed with a light creamy sauce, or cooled slightly dressed with vinaigrette. They are also delicious sliced or shredded and then stir-fried with a little garlic and ginger. Leeks have the same active constituents as onions, but in smaller amounts. They also contain vitamins C & E, iron, folate, and potassium.

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

Recipe for Summer Squash and Lake Erie Perch

By Larry Smith

Get up just before dusk with the birds.
Breathe the cool morning air.
The day before, borrow your neighbor's boat
and a bucket of fresh minnows or shiners (Sorry, Vegans).
Head out onto the foggy lake. Bring a lantern or flashlight
to be visible; others may already be dropping lines.
Better yet, bring your kids or a couple grandkids
and let them get the taste of lake fishing.
[No computer games; turn off all cell phones.]

If possible, bring back a dozen good sized, yellow perch.
Stop at the Farmer's Market downtown. [They're good people
and won't care how you look or smell.]
Pick up 4 or 5 summer squash, a couple zucchini,
maybe a green pepper or two, some onions.
Get a dozen of fresh ears of area corn—nothing like it.
Say Hi to Josh and Lauren at the CSA tent,
they're doing good work right here in Erie County,
and always smiling and full of talk.
Let your children browse the market tables,
learn where their food really comes from.

You'll have to clean those fish.
Tell your wife or partner you'll cook dinner tonight.
About an hour before supper or lunch,
cut the squash and pepper and onions into ¼" slices.
Get out your big steamer or a pasta cooker
and fill with water to just below the strainer;
layer the veggies up and lay the perch fillets
across the top (It'll cook.). Salt and pepper to taste.
I spread some Rosemary across the top for the fishy smell.
Bring the water to a boil, then cook on medium heat
about 10 minutes. The perch should flake, the squash
be soft but not mushy. Steam the corn a few minutes.
Serve it with salt and butter, some tartar sauce for others.
Bring on a big pitcher of iced tea, and listen
as the kids tell stories of their day.

Larry Smith is a professor emeritus at BGSU Firelands College and director of The Firelands Writing Center. A native of the Ohio River Valley, he now lives along the shores of Lake Erie. He is the author of eight books of poetry, four books of fiction, and two literary biographies. He and his wife Ann are two of the founders of the Converging Paths Meditation Center in Sandusky. Larry is also a proud member of the Erie Fresh CSA. Listen to Garrison Keillor of NPR's A Prairie Home Companion read Larry Smith's work on The Writer's Almanac at <http://eriewire.wordpress.com>

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

July 25, 2009 Erie Fresh CSA Share • Week 8

DOLCE • PEPPER • CELERY • SEDANO • ZUCCHINI • COURGETTE



In Your Share...

- Zucchini
- Summer Squash
- Bell Peppers
- Sweet Peppers (Banana)
- Homegrown Mountain Glory Tomatoes
- Celery Tops
- Leeks
- Eggplant (blossom pictured)

Check Out Your Erie Fresh Growers

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



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

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.

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.

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