

Seasonal Recipes & Ohio Poetry

July Musings (A Season Too Brief)

By Jason Singer

The town aflutter with those from afar,
Blown to the Bay by leisure's buoying breeze.
Shoreline shimmering under the Summer Star,
Its halcyon waters put the mind at ease.
Thing of the past — Old Man Winter's chilled breath.
Rawness replaced by Helios' rays.
Greenhouse's greens of immeasurable breadth,
Its floral formations wow and amaze.
Stroll to the farmer's market one block south,
Berries and melons and other sweet treats.
The produce producing joy for one's mouth,
Say "Hi" to Josh and Lauren, they can't be beat.
Raspberries, peppers and pattypan squash,
Tomatoes as red as the sinking sun.
Ice cream at Toff's, souls and palettes awash,
With flavors and freshness, o what fun!
But soon — too soon — Persephone will leave,
Bringing an end to our summer divine,
Autumn brings cool, the changing of leaves,
Winter encroaching on Helios' shine.
But with sun and shore, our souls doth healed,
We'll enjoy this season, its tide we'll ride,
How sweet I'll roam all the shores and fields,
And explore and taste all of summer's prides.

Jason Singer is the city reporter at the Sandusky Register. When not playing golf or covering city politics, he writes screenplays, short stories and poems. Jason is a proud member of the Erie Fresh CSA. Look for him at the Academy Awards as winner of the Best Original Screenplay in February 2012.

Eggplant "Parmesan"

olive oil
garlic cloves, crushed
eggplant
fresh tomatoes
tomato sauce
provolone cheese
fresh basil leaves
salt and freshly ground black pepper to taste

Chop eggplant into 3/4" thick round slices. Rub olive oil on both sides. Cook both sides on medium heat in pan with oil and crushed garlic until eggplant becomes flexible (about 8 to 10 minutes). Remove from pan and place onto baking dish. Add 3/4" thick tomato slice on top of eggplant. Place 5 - 6 leaves of fresh basil with cracked, freshly ground pepper on top of the tomato. Add 1 ladle full of tomato sauce (with or without meat). Layer 1/4" slice of provolone cheese on top. Place in oven until cheese begins to brown. Garnish with freshly torn basil leaves and balsamic vinegar and enjoy.

VEGELICIOUS INFO

Eggplant (*Solanum melongena*)

Classified as fruit along with tomatoes, bell peppers and other similar members of the nightshade family, eggplant is an excellent source of vitamin C and also contains moderate amounts of iron and potassium, calcium, and B vitamins. They also contain bioflavonoids, which help prevent strokes and reduce the risk of certain cancers. Eggplant is delicious roasted, griddled, and puréed into garlic-laden dips. Although it is not necessary to salt to remove bitterness, this technique helps reduce excess oil absorption when frying.

Mixed Cabbage Stir-Fry

Stir-frying is a quick method of cooking that retains much of the vitamins and minerals that are lost during boiling. When cooked this way, cabbage remains crisp and keeps its vivid color.

1 tablespoon peanut or sunflower oil
2-3 large garlic cloves, crushed
1-inch piece fresh ginger root, chopped
5 cups mixed cabbage leaves, finely shredded
2 tablespoons of soy sauce
1 teaspoon of clear honey
1 teaspoon toasted sesame oil (optional)
1 tablespoon toasted sesame oil

Heat the oil in a wok or large, deep skillet, then saute the garlic and ginger for about 30 seconds. Add the cabbage and stir-fry for 3-5 minutes, until tender, tossing frequently. Stir in the soy sauce, honey, and sesame oil and cook for 1 minute. Sprinkle with sesame seeds and serve.

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!

August 1, 2009 Erie Fresh CSA Share • Week 9

BEANS • FRIJOLES • CHIVES • CIBOULETTE • CABBAGE • REPOLHO



In Your Share...

- Zucchini
- Cherry Tomato
- Yellow Tomato
- Cabbage
- Sweet Peppers (Cubanel)
- Sweet Peppers (Banana)
- Green Onions
- Chives
- Eggplant
- Sweet Corn
- Green Beans

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!