

# Seasonal Recipes & Ohio Poetry

## Melinda's Roasted Tomatillo Salsa

### Ingredients.

- \* 4 lbs. tomatillos, husked and washed (to remove the sticky film they have)
- \* 6 green cayenne peppers (or jalapeno, serrano), seeded
- \* 6 cloves of garlic
- \* 1.5 medium-sized yellow onions, diced
- \* 8 scallions, chopped in 1/4"-1/2" pieces
- \* 4t salt

### Steps.

1. Preheat oven to broil, with the rack on the top shelf (a broiler would also work well, as would a solar cooker).
2. Remove the husks from the tomatillos and wash them well. They have a natural soap-like coating you should remove.
3. Lay the tomatillos side by side in a single layer on an ungreased cookie sheet. Broil until soft and darkened on the top (4-6 minutes), watching constantly.
4. Turn them over on the other side with a spatula, and broil until darkened on the top (another 5 minutes or so).
5. Remove the pan from the oven and let the tomatillos cool completely.
6. Dry roast the cayenne and garlic in a skillet or frying pan, constantly shaking the pan and turning them over, until both are soft and the outer layer is browned.
7. Remove the cayenne and garlic from the pan, finely chop them and set aside.
8. Dry roast the diced onions until slightly translucent and beginning to brown.
9. Dry roast the scallions until slightly browned (1-3 minutes).
10. Once cooled, place tomatillos and any juice into a blender, or blend by hand, just until blended but still chunky.
11. Pour all ingredients into a bowl, add salt, mix, and let sit for a few minutes, letting the flavors mingle and develop. Refrigerate unused portions - the taste will be even better the next day.

## Chilled Watermelon Soup *(makes 6 servings)*

- \* 6 pounds yellow or red seedless watermelon, diced (9 cups)
- \* 2 tablespoons chopped fresh mint
- \* 1 tablespoon sugar
- \* 2 tablespoons fresh lemon juice
- \* 1 cup lightly sweet white wine (such as Riesling) or 3/4 cup water mixed with 1/4 cup sugar
- \* 1 teaspoon chopped ginger
- \* 8 teaspoons crumbled feta
- \* 1/4 cup sparkling wine (or sparkling water)

### Preparation

Combine 1 cup of the watermelon with mint and sugar in a bowl. Set aside. Blend remaining 8 cups watermelon, lemon juice, wine, and ginger in a blender until smooth. Let sit 1/2 hour. Strain soup; divide among 8 bowls. Top each with 1/8 cup reserved watermelon and 1 teaspoon feta.

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](mailto:eriefresh@gmail.com)

**Go see the new film FOOD, INC. to learn about current issues facing the food system today! Playing regionally at Cedar Lee, 2163 Lee Road, Cleveland Heights, OH - (440) 564-2030**

## VEGELICIOUS INFO

### Broccoli (*Brassica Oleracea*)

Broccoli is a member of the cruciferous family, which studies shown to be particularly effective in fighting cancer of the lung, colon, and breast. Sulfur compounds, found in Broccoli, stimulate the production of anti-cancer enzymes, which prevent the growth of tumors and inhibit the spread of existing tumors. Raw Broccoli contains almost as much calcium as milk, and also provides B vitamins, vitamin C, iron, folate, zinc, and potassium.

## Transplant

-Stacia Thompson

I have spent my time under the sun  
digging my fingers into stale crust clay  
roots of sprouting broccoli plants recoil  
as they are wedged under clay blocks

I have spent my time under the sun  
slinging black bags of melon rinds  
dripping over my shoulder  
scattering coffee grounds like chicken feed  
which stick to my forearms like black flies

I have spent my time under the sun  
picking through leaf litter to hold a golden cocoon  
plunging my arm into wet cabbage leaves  
to pluck out a wriggling worm  
smooth on my concave palm

I have spent time under the sun  
bury artichoke hearts and peels  
under mounds of leaves  
(sometimes bacteria will soften them  
and the earthworms will eat them away)

I have spent time under the sun  
yearning to reach my limbs down  
like the roots of hairy vetch  
whisper and lure nodules through the soil  
like beads strung along a thread

I have spent time under the sun  
picking radishes like wine glasses upside down  
cradling their red and white waxed dipped body  
soil clinging to roots  
as a chocolate crumb beard

I have spent my time under the sun  
striding between the rows  
where sprouts will uncover broad leaves  
maybe not today  
and cover my fingerprints with broccoli heads

Originally from East Hampton, Massachusetts, Stacia is in her second year at Oberlin College as a student of environmental studies. Working for the New Agrarian Center at the George Jones Farm in Oberlin, she is training to receive her certification in Permaculture Design. Stacia wrote this agrarian reflection from her experiences in Ohio.

# August 15, 2009 Erie Fresh CSA Share • Week 11

BROCCOLI • BROKULA • Watermelon • COCOMERO • POTATO • BATATA



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.

## In Your Share...

- Eggplant
- Broccoli
- Cantalope
- Watermelon Sugar Babies
- Tomatillo
- Heirloom Tomato Mix
- Fingerling Austrian Crescent Potatoes

## 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.

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