

# Seasonal Recipes & Ohio Poetry

## Delicious Eggplant Sandwich

1 whole eggplant  
1 teaspoon olive oil, plus more for brushing  
Salt and pepper  
1 baguette  
1 bunch cilantro leaves  
2 red bell peppers  
2 green bell peppers  
2 tomatoes  
1 red onion  
1/4 cup feta cheese  
1/4 cup goat cheese  
2 tablespoons fresh chopped oregano leaves

Makes 3 servings - Preheat the oven to 375 degrees F.  
Slice the eggplant into 15 pieces, brush with olive oil, place on cookie sheet, and sprinkle with salt. Bake for 25 minutes and let cool.  
Cut the baguette into 1/3's and slice in 1/2 for sandwiches. Slice green and red peppers, discarding stems and seeds. Slice the tomatoes and red onion and set aside. Mix goat and feta cheese together, set aside. In separate bowls place oregano, salt, pepper and olive oil.  
Spread goat and feta cheese mix on one side of baguette and brush other side lightly with olive oil. Spread 5 pieces of eggplant on baguette, generous amounts of red and green peppers, tomatoes, red onion, and cilantro. Lastly, sprinkle with oregano, salt, and pepper.

## Grilled Watermelon Slices with a Honey-Lime Syrup

Several slices watermelon  
Some honey for brushing watermelon slices  
Juice of 2 limes  
the zest of half a lime  
3 tablespoons honey  
2 teaspoons water  
A few dashes of cayenne pepper  
A couple of pinches of salt

Preheat grill to high. Cut watermelon into 1-inch thick slices. Brush each side lightly with some honey and place on grill. Grill until just browned, about 2 minutes per side. Place watermelon slices on a plate and drizzle with the honey-lime syrup.

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! Playing regionally at Cedar Lee, 2163 Lee Road, Cleveland Heights, OH - (440) 564-2030**

## VEGELICIOUS INFO

Potato (*Solanum tuberosum*)

Potatoes are high in complex carbohydrates and include both protein and fiber. They provide plenty of sustained energy, plus vitamins B and C, iron, and potassium. Vitamins and minerals are stored in, or just below, the skin so it is best to use potatoes unpeeled. Steam rather than boil and bake instead of frying to retain valuable nutrients and to keep fat levels down.

## Level, OH

-Christof Scheele

Beyond the spit, water

which is not Ohio.

Turn Back.

Ohio might not

be any more

than twelve serious houses

& a bucket hanging

from a very beautiful pump.

You can see a lot from the car.

There are dusk animals

gliding by twos

in the stretch

of a serious winter.

There are two  
murders each night

on the fringes of a very  
beautiful park.

*Christof Scheele teaches composition at Bowling Green State University in Bowling Green, Ohio. His poems have appeared in Quarterly West, Beloit Poetry Journal, Prairie Schooner, and Hayden's Ferry Review. In 2003 he received an Ohio Arts Council Individual Artist Fellowship in Poetry.*

# August 29, 2009 Erie Fresh CSA Share • Week 13

BROCCOLI • BROKULA • WATERMELON • COCOMERO • POTATO • BATATA



## In Your Share...

- Potatoes
- Zucchini
- Patty Pan Squash
- Watermelon
- Broccoli
- Heirloom Tomato Mix
- Nevada Lettuce
- Baby Eggplants
- Banana Peppers



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.

## 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!**