

Seasonal Recipes & Ohio Poetry

Tomato, Cucumber and Onion Salad

2 medium tomatoes, preferably an heirloom variety
Salt to taste
1/2 teaspoon red wine or balsamic vinegar
1 small sweet onion, minced
1 cucumber—peeled, halved lengthwise, seeded and cut into 1/2-inch dice
1/4 cup extra-virgin olive oil
Basil leaves, torn if large

Halve the tomatoes lengthwise and peel them the best you can. Cut the tomatoes into bite-size, irregular wedges, discarding any runny seeds. In a small bowl, toss the tomatoes with a pinch of salt and the vinegar. Let the tomatoes stand for up to 30 minutes (or not). Mince the onion (if using a food processor to do this, be sure not to accidentally purée). Shortly before serving, transfer the tomato wedges to a medium bowl with a slotted spoon or strainer; discard the tomato juices. Add the cucumber and onion and toss, then season with salt to taste. Add the olive oil and toss to coat, then add the basil and toss once more. Serve promptly.

Cantaloupe Blackberry Summer Smoothness

1/2 ripe cantaloupe, peeled, seeded, and cut into chunks
1 cup of blackberries
1 cup skim milk or orange juice or vanilla soy/rice milk
1 cup vanilla fat-free yogurt (omit or find substitute if vegan)
1 cup crushed ice
2 tablespoons sugar, or to taste (especially if you have a super sweet melon)

Combine all ingredients in a blender and process until smooth. Makes about 4 cups.
Other flavors that would taste yummy in this recipe include mints, other berries, peaches, pears, plums and other soft local fruits!

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

BERRYLICIOUS INFO

Blackberry (*Rubus fruticosus*)

Blackberries are high in fiber and contain a wealth of minerals, including magnesium, iron, and calcium. They are rich in vitamin C, and are one of the best low-fat sources of vitamin E. In natural medicine, blackberries are used to cleanse the blood and they have a tonic effect. They are also used to ease stomach complaints and to treat menstrual problems. Blackberries are particularly rich in bioflavonoids, which act as antioxidants, inhibiting the growth of cancer cells and protecting against cell damage by carcinogens.

THE CENTENNIAL ODE.

By John Alilburn Harding. (1874-?)

Columbia's pride, Ohio, grand and fair,

Where wealth and beauty are beyond compare,
Where labor, truth and knowledge have control

Thy name is peer upon the honor roll.
Ohio, first-born of the great Northwest,

Nursed to thy statehood at the Nation's breast
And taught wisdom of the Ordinance Rule —

No slav'ry chain but e'er the public school,
Ohio, name for what is good and grand.

With pride we hail thee as our native land ;
With jealous pride we sing our heartfelt lay

To laud thy name this first Centennial Day.
One hundred years and half as many more

Ago, from ripples on proud Erie's shore
Far to the south where, beautiful and grand.

The placid river's wave kissed untrod sand.

John Milburn Harding was born May 6th, 1874, on a farm in Guernsey county, Ohio. While quite young the family removed to Freeport township, Harrison county, where his boyhood was spent on a farm and at the district school. At the age of twenty he began to teach, supplementing his education with two terms at Scio College. He studied law and after his admission to the bar began to practice at Caldwell, Ohio. Some years ago he went to Lorain, Ohio, where he has been a member of the law firm of Snyder and Harding. He served as Police Prosecutor of that city. October 29, 1898, Mr. Harding married Miss Cora Winters Kuntz, of Morgan county, Ohio. They had a son, Ray De Mont, born April 1, 1901. The "Centennial Ode" first appeared in the Ohio State Journal. He has also written to some extent of the natural scenes and early historical activities in the Tuscarawas valley.

August 8, 2009 Erie Fresh CSA Share • Week 10

CANTALOUPE • KANTALUPA • BLACKBERRY • BRAAMBES • CUCUMBER • CASTRAVETE



In Your Share...

- Cucumbers
- Triple Crown Blackberries
- Cantaloupe
- Bell Peppers
- Pinks Pink Tomatoes
- Yellow Tomatoes
- Eggplant (baby pictured)
- Sweet Corn

Check Out Your Erie Fresh Growers

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

Heywood Gardens

Potted edibles, cut-flowers and a variety of seasonal produce. HeywoodGardens 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.



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.

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