

Seasonal Recipes & Ohio Poetry

Homegrown Basil Pesto **Repeat Recipe**

3 cups washed, fresh basil leaves, stems removed, patted dry
2-4 garlic cloves, peeled- according to taste
1/3-1/2 cup pecans, pine nuts, almonds or walnuts
10 tablespoons fruity extra virgin olive oil, as needed
1/2 cup grated Parmesan or Romano cheese (omit for a delicious dairy-free version)
Pinch of sea salt, if desired

Combine the above ingredients in a food processor and pulse it on and off until it becomes a smooth paste. Taste test for seasoning and texture adjustments.

Use immediately, or cover and chill. If it becomes stiff add some extra virgin olive oil and stir till smooth. To keep the pesto fresh, mix in some lemon juice and layer with a thin coat of extra virgin olive oil on the top before covering and store it in an air-tight container, chilled.

Serve this pesto as an appetizer spread on toasted bread, baked artichoke hearts, or triangles of flatbread. Toss it with salad, warm pasta, roasted potatoes or carrots. Spoon it on toast, croutons, pizza shells or crackers.

Some folks like to freeze pesto in ice cube trays to store, but if you make it right, it'll go quickly!

Gułowska Bon Bon Oignon Au Jus Vinaigrette

1 handful of chopped sweet onion
1 big tbsp of white vinegar
1 tsp salt
1 tsp pepper
3 cloves of garlic (crushed)
3 tbsp oil (olive, safflower, canola, or sunflower)

Take chopped sweet onion and crush with vinegar, salt, pepper, garlic, Add oil and mix together to taste. Toss with your favorite salads. Also, try variations with different vinagers and oils.

THE ISLANDS OF ERIE

By Robert R. McMeens, M. D. (1820-1862.)

The Islands of Erie arrayed in full dress,
Enrobe the lake scene with strange loveliness,
As gorgeously decked in bright verdure they lie,
In the soft mellow haze of the still autumn sky.
No more brilliant gems though lauded they be
Ever gleamed 'mid the groups of the old Grecian sea.

Insalata Caprese

2 pounds of ripe tomatoes, sliced 1/4 inch thick
1 pound fresh mozzarella, sliced 1/4 inch thick
4 tablespoons extra-virgin olive oil
5 to 8 fresh basil leaves
salt and pepper to taste

Arrange tomato slices on a platter. Top each tomato with a slice of mozzarella. Drizzle extra virgin olive oil over the mozzarella and tomato. Tear the basil leaves into pieces by hand or cut and sprinkle on top. Season with salt and pepper and serve.

In Campania, Italy, Insalata Caprese is made with local fresh buffalo mozzarella, or as they say in Italian, "Mozzarella di Bufala."

Haricots Mangetout with Mushrooms

3/4 lb. Snow peas or "Eat-Everything Beans"
1/2 lb. mushrooms
3 cloves of garlic
1 tbsp. oil
Salt and pepper
1 lemon

Steam them in boiling, salted water until tender, about 5 minutes, and drain. Slice the mushrooms. Heat the oil and crushed garlic in a large frying pan over medium high heat. Add the mushrooms and cook, stirring occasionally, until they're soft and the liquid has evaporated, 10 to 12 minutes. Add peas, 1/2 teaspoon salt, and 1/2 teaspoon pepper and heat through, 2 or 3 minutes. Squeeze 2 teaspoons juice from the lemon. Add the juice right before serving.

HERBALICIOUS INFO

Lovage (*Ligusticum Levisticum*)

A native of the Mediterranean region, The Garden Lovage is one of the old English herbs that was formerly very generally cultivated as a sweet herb. It has a warm and aromatic flavor and a lovage tea can be applied to wounds as an antiseptic, or drunk to stimulate digestion. Lovage is considered a "magic bullet" companion plant and is thought to improve the health of almost all plants in the garden.

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!

This poem was read at Put-in-Bay, September 10, 1858, on the anniversary of the Battle of Lake Erie. Four of the survivors of the battle were present. Dr. McMeens, the author, was a practicing physician in Sandusky City. At the outbreak of the Civil War he became a surgeon in the Union Army and died at Perryville, Kentucky, in the discharge of his duty. This poem was published in Lang's History of Seneca County, (1880).

June 20, 2009 Erie Fresh CSA Share • Week 3

HIERBAS • HERBS • CANDY ONION • OIGNON BON BON • POMODORO • TOMATO



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.



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

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

In Your Share...

- Homegrown Mountain Glory Tomatoes (blossom pictured)
- Candy Onions
- Snap Peas
- Siam Basil
- Micro Bronze Arrow Leaf
- Strawberries
- Herb Salad Mix (oregano, chives, dill, salad burnette, chervil, bronze fennel, parsley, cilantro, lovage, green ice, butter crunch, red sails, red russian, spinach, chard, bulls blood beet tops)

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.