



8/3/11

Dear Members,

Well here it is August already and most of our summer crops are in; even tomatoes won't be long now. In your share this week you'll find lettuce, carrots, sweet onions, Swiss chard, green beans, zucchini, and cucumbers. The Swiss chard is an excellent cooking green, steamed until the leaves are wilted and tender to your liking. It should be served topped liberally with butter. You can also add salt and pepper or a splash of cider or balsamic vinegar. Or dress it up just a little by caramelizing some of those nice sweet onions and strewing them over your buttered chard. To caramelize the onions, just heat 2 Tbls of butter per onion in a skillet over medium/low heat and stir fry the thinly sliced onions in it until they are very soft and turning brown (not black). This brings out their flavor and sweetness wonderfully. Chard is also good added to soups and casseroles.

Cucumbers are one of my favorite summer vegetables, so cooling. They make an excellent addition to a salad or sliced as veggie sticks with a good dip. They also make an excellent dip as in the following recipe for cucumber yogurt dip (Greek *tsatsiki*):

- 1 large (or 2 medium) cucumbers, peeled and finely diced
- 1 tsp salt
- 1 cup plain yogurt
- 2 cloves garlic, minced
- 1 Tbls lemon juice
- ¼ tsp pepper
- 1 Tbls olive oil
- 2 Tbls fresh parsley and/or mint leaves, minced
- Pinch of cayenne pepper (optional)

Mix the diced cucumber with the salt and let it drain in a colander in the sink for 1 hour (this step can be omitted and you'll still have a good result). Mix all ingredients together and chill in the fridge until serving (this chilling period helps the flavors meld, but again you'll have an excellent tasting result if you make it and serve it immediately). In addition to making a fine dip, this recipe makes a great condiment or sauce that the woman who works for us says is her favorite sauce to serve with almost any meat. You can transform *tsatsiki* into Indian *raita* by omitting the lemon juice, pepper, olive oil, parsley/mint, and cayenne and substituting 1 tsp ground cumin and 3 Tbls minced fresh cilantro leaves.

If you're picking up here on the farm come down to the little coop in front of the house and check out the baby ducklings that we just got this morning. They're one day old and super cute!

Have a good week!