

Crème de la Crop

What do I get?

Quantity represents ½ membership

Epicureans: Romaine (4-6 loose heads), Cauliflower or Broccoli, Cherry Tomatoes (more), sweet corn 2 ears, Swiss Chard, Cucumbers 3, You choose 1 of the following: 3 squash, bag of beans, bag of peas or xtra ear or corn

Standard: Romaine (4-6 loose heads), Cauliflower or Broccoli, Cherry Tomatoes, sweet corn 2 ears, Cucumbers 3, You choose 1 of the following: 3 squash, bag of beans or bag of peas

ROASTED SUMMER VEGETABLE SALAD

Adapted from Chef Bill Telepan, Judson Grill Show: Cooking Live

1 ear corn - grilled, shucked, and cut off the cob
1 red pepper -- roasted, peeled, and cut into a 1/2-inch dice
1 tomato -- grilled, peeled, seeded, and cut into a 1/2-inch dice
2 zucchini or other summer squash -- cut into 1/2-inch slices, grilled, and cut into 1/2-inch dice
1 tablespoon lime juice
1 tablespoon lemon juice
2 tablespoons white wine vinegar
2 ounces extra virgin olive oil
Salt and pepper

Combine all ingredients. Marinate for 30 minutes. Adjust seasonings to taste.

We look forward to providing you will chili peppers, cabbage & tomatoes next week

PASTA SHELLS WITH BROCCOLI, FETA AND OLIVES

Recipe adapted from Cathy Lowe

8 ounces medium shells
Boiling salted water
1 clove peeled garlic
2 cups broccoli florets
1 1/2 cups chopped tomatoes
1 cup crumbled feta cheese
1/2 cup sliced Kalamata olives
3 tablespoons olive oil
Salt and pepper

Add shells and garlic to a large pot of boiling and salted water. Cook for 5 minutes and stir in florets. Cook for 1 minute or until broccoli is tender and drain. Locate garlic clove and push through garlic press into large bowl. Add shells and broccoli to bowl. Stir in tomatoes, feta cheese, olives and oil. Toss to coat and season with salt and pepper

Grilled Corn on the Cob

Everyday Food | July/August 2006



Take advantage of sweet summer corn with this classic American side dish.

Prep: 15 minutes
Total: 25 minutes

Serves 4

4 ears of corn
Oil, for grates
1 tablespoon butter, cut into 4 pats
Coarse salt and ground pepper
Chili powder or paprika

Peel back husks, leaving them attached at the base of the ear. Remove and discard silk; pull husks back over corn. Place ears in a large bowl or pot; cover with cold water. Let soak 10 minutes.

Preheat grill to high; lightly oil grates. Drain corn. Arrange ears on grill. Cover and cook, turning occasionally, using tongs, until husks are slightly charred and corn is tender, 15 to 20 minutes. Remove ears from grill. Holding bottom of hot ears with a towel, peel back husks and, with a knife, coat kernels with butter. Season corn with salt, pepper, and chili powder or paprika. Serve.

Sweet Corn Flans with Tomato-Corn Relish

Gourmet | June 2000



photo by: Romulo Yanes

yield: Makes 4 servings

active time: 40 min

total time: 3 1/2 hr

For flans

3 ears fresh corn, shucked

2/3 cup 1% milk

2 large eggs

1/2 teaspoon salt

1/8 teaspoon cayenne

For relish

3/4 cup corn reserved from flans

6 ounces grape or cherry tomatoes, cut into small dice (3/4 cup)

1/3 cup chopped red onion

1 tablespoon chopped fresh basil

2 teaspoons extra-virgin olive oil

1 teaspoon red-wine vinegar

Special equipment:

4 (4- to 6-ounce) ramekins

Make flans:

Preheat oven to 350°F.

Cook corn in a pot of boiling water until tender, about 5 minutes. Drain and cool.

Cut off kernels with a sharp knife into a bowl, scraping ears. Reserve 3/4 cup for relish and purée remainder in a blender with milk until smooth. Force corn purée through a fine sieve into a bowl, discarding skins.

Whisk together eggs, salt, and cayenne until blended and whisk in corn purée.

Pour flan mixture into lightly oiled ramekins and bake in a hot-water bath just until set, about 40 minutes.

Remove ramekins from water bath and cool on a rack. Chill until cold, about 2 hours.

Make relish:

Stir together corn, tomatoes, onion, and basil. Stir in oil and vinegar and season with salt and pepper.

Run a thin knife around edge of each flan, then invert flans onto plates. Spoon relish over them.

Cooks' notes: Flans and reserved corn for relish may be chilled, covered, up to 1 day.

Beans with Skillet-Toasted Corn and Tomatoes

Martha Stewart Living | July 2009



Beans with a meaty texture and flavor, such as these Jacob's cattle beans, make a great match for smoky toasted corn and tomatoes.

2 cups (12 ounces) dried beans, such as Jacob's cattle (americanspice.com), kidney, or pinto, soaked, liquid reserved

1 1/2 teaspoons coarse salt

3 1/2 cups fresh corn kernels (from 3 ears)

1 garlic clove, sliced

2 tablespoons plus 1 teaspoon extra-virgin olive oil

3 plum tomatoes, cut lengthwise into eighths

2 teaspoons chopped fresh thyme

3 tablespoons balsamic vinegar

1 teaspoon red-pepper flakes, plus more to taste

8 romaine lettuce leaves

3 ounces smoked cheese, such as Gouda or cheddar, cut into 1/4-inch cubes

Place beans, soaking liquid, and 1 teaspoon salt in a large pot. Liquid should cover by 2 inches; adjust as necessary. Bring to a boil. Reduce heat; simmer gently. Cook, stirring occasionally, until beans are tender, about 1 hour. Drain, and transfer to a bowl. (Makes 5 cups beans.)

Heat a large, heavy skillet over medium-high heat, and add corn. Cook, stirring occasionally, until corn begins to brown, 4 to

5 minutes. Add garlic, and cook, stirring frequently, until corn is browned and begins to pop, 3 to 4 minutes. Add to beans. Wipe skillet, return to medium-high heat, and add 1 teaspoon oil. Add tomatoes, in a single layer, and thyme. Cook, turning occasionally, until soft and beginning to char, 6 to 7 minutes. Coarsely chop tomatoes, and add to beans.

Whisk vinegar, red-pepper flakes, and remaining 1/2 teaspoon salt and 2 tablespoons oil in a small bowl. Pour over beans, stirring gently. Spoon over lettuce, and top with cheese.

Chicken Parmesan, Pasta and Broccoli

Recipe adapted from Linda Gassenheimer

Ingredient

Olive oil spray

1 pound boneless, skinless

chicken breast,

visible fat removed

Salt and freshly

ground black pepper

1 cup low-sugar,

low-fat pasta sauce

1/4 cup freshly grated Parmesan

Directions

Set a medium-size nonstick skillet over medium-high heat. Spray with olive oil, and brown the chicken 2 minutes on each side. Season each cooked side with salt and pepper. Add the pasta sauce and let simmer for 4 minutes. Sprinkle with Parmesan cheese, cover with a lid, and let sit 1 minute. Divide between 4 plates and serve with the pasta and broccoli.

Pasta and Broccoli:

4 ounces whole wheat spaghetti (1 cup uncooked)

4 cups broccoli florets (8 ounces)

1 tablespoon, plus 1 teaspoon olive oil

Bring a large pot of water to a boil and add the pasta. Cook 5 minutes, add broccoli, and continue to cook 4 minutes. Drain and toss with olive oil; season with salt and pepper.