

Crème de la Crop

What do I get?

Quantity represents ½ membership

Epicureans: Slicing Tomatoes 3, 1 Head of Cabbage (Early Jersey Wakefield), 3 Cucumbers, 3 Patty Pans, Tomatillos, Swiss Chard, Purple & Lime Basil, You Choose 1 of the following Bag of beans, bag of Romaine, or 1 extra slicing Tomatoes

Standard: Slicing Tomatoes 3, 1 Bag of Broccoli or Cauliflower, 3 Cucumbers, 3 Summer Squash, You Choose 1 of the following Bag of beans, bag of Romaine, or 1 extra slicing Tomatoes

Blistered Baby Zucchini, Baby Patty Pan Squash, and Grilled Tomatoes

Bon Appétit | July 2008 by Judith Fertig



photo by: Tom Schierlitz

A pretty mix of Provençal vegetables grilled simply and dressed up with the homemade basil aioli. You can also include other vegetables, such as halved baby beets, quartered bell peppers, and thickly sliced red new potatoes (all of which take 10 to 15 minutes to grill).

Olive oil (for brushing)
2 cups yellow and green baby pattypan squash (9 to 10 ounces)
6 baby zucchini
6 medium tomatoes, halved through cores

Prepare barbecue (high heat). Brush grill rack with oil. Brush pattypan squash, zucchini, and tomatoes with olive oil; sprinkle generously with salt and pepper. Grill until vegetables are blistered and slightly charred, about 8 minutes for squash and zucchini, turning occasionally, and about 6 minutes for tomatoes, shifting occasionally. Transfer to platter.

THE MINIMALIST 101 Simple Salads for the Season

(Actually three of the 101)
Thanks to Linda Peterson for recommending this article

New York Times
Food & Wine
Published: July 21, 2009

Combine cooked or canned black beans with shredded cabbage and this vinaigrette: olive oil, fresh orange juice, not much sherry vinegar, ground cumin.

Slice cucumber and top with capers, olive oil, lots of pepper and little dollops of fresh ricotta. Note: cucumbers, ricotta and oil must all be really good.

Combine shredded cabbage or lettuce with bits of good turkey, Swiss cheese and rye croutons. Top with good old Russian dressing, call it a turkey sandwich salad and don't knock it until you try it.

Tofu and Cabbage Salad with Peanut Dressing

SELF | July 2003

yield: Makes 4 servings

If you're looking for a way to get soy-good-for-you tofu into your diet, call off the search. This cabbage-based blend busts the myth that tofu is tasteless. Our secret weapon: rich (but not fattening) peanut-yogurt dressing.

Salad

1 tbsp sesame oil
1 lb block firm tofu, cut into 1/2-inch strips lengthwise
1 medium head green or red cabbage, shredded or chopped (about 2 1/2 cups)
3 medium cucumbers, peeled, seeded and cut into bite-sized cubes
2/3 cup chopped green onions

Peanut Dressing

1/2 cup plain nonfat yogurt
1/4 cup creamy peanut butter
1 tbsp fresh lime juice
1/2 tsp soy sauce (light or regular)

Heat oil in a medium skillet over medium heat. Pat tofu strips dry, then sauté until light brown (about 4 minutes per side). Combine vegetables in a large bowl. In a medium bowl, mix dressing ingredients with 2 tbsp water (puree in blender for a smoother texture). Pour 3/4 dressing over vegetables and toss. Top salad with tofu strips and drizzle on remainder of dressing

Sour Soup

Adapted from M.S. Milliken & S. Feniger, all rights reserved
Thank you to Helen Krowicky for recommending this recipe.

1 hr 45 min
Serves 6

1/4 cup dried chick peas
1/4 cup cracked wheat
1 cup dried red lentils
4 cup boiling water
1 bunch Swiss chard, or other greens such as dandelion or amaranth
1/2 cup fresh lemon juice
2 teaspoons salt
1/2 teaspoon Near East or Aleppo pepper
1/2 teaspoon pureed garlic
3 tablespoons finely chopped fresh mint

Place chick peas in a bowl, cover with water by at least 2 inches, and soak overnight.

Drain the chick peas and place in a large saucepan. Rinse the cracked wheat under cold running water, and add to saucepan, along with 2 1/2 cups of cold water. Bring to a boil, then simmer, uncovered, for 30 minutes.

Rinse the lentils under cold running water, and add to chick peas and cracked wheat. Pour in the 4 cups of boiling water, and simmer another 30 minutes.

Meanwhile, wash the chard, cut off the thick stems and finely chop them. Add chopped stems to saucepan and simmer for 5 minutes. Finely chop the leaves, add them to the saucepan, and simmer an additional 25 minutes. Add the lemon juice, salt, pepper, pureed garlic and mint, stir well and simmer 5 minutes. Remove soup from the heat, and adjust the seasonings. If soup is too thick, add more boiling water.

Serve warm or cold.

Summer Squash Sloppy Joes

Cookie | July 2006
by Melissa Clark

Makes 6 servings



photo by: Yunhee Kim

1 pound ground lean beef or turkey
1/2 onion, finely chopped (about 3/4 cup)
1 carrot, chopped
1 1/2 cups summer squash, diced
1 6-ounce can tomato paste
3 garlic cloves, minced
1 tablespoon mild chili powder
1 teaspoon paprika
1 teaspoon dried oregano
Kosher salt and freshly ground black pepper to taste
3 ounces cheddar cheese, thinly sliced
6 hamburger buns

1. Preheat the broiler. In a large skillet over medium-high heat, sauté the ground beef or turkey until browned, about 7 minutes. Add the onion and sauté 2 minutes. Add the carrot and sauté 2 minutes. Add the squash and sauté 1 minute more.

2. Stir in the tomato paste and 1 1/2 cups water, stirring until the paste has dissolved. Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes.

3. Divide the cheese among the bottom halves of the hamburger buns. Transfer both halves of the buns to the broiler, open-faced, and toast until the cheese has melted and the top buns are toasted.

4. Remove the buns from the oven and fill each sandwich with the squash-and-meat mixture. Serve immediately.

ORECCHIETTE WITH SAVOY CABBAGE, PEAS, AND LEMON CREAM

Adapted from Gourmet | October 2002



photo by: Romulo Yanes

yield: Makes 4 main-course servings

1 pound orecchiette (ear-shaped pasta) or pasta shells
2 tablespoons unsalted butter
1/2 pound Savoy cabbage, quartered lengthwise, core discarded, and leaves very thinly sliced crosswise
1 bunch scallions, thinly sliced (1 cup)
1/2 cup chicken broth
1/2 cup heavy cream
1 cup thawed frozen peas, or any fresh vegetable
2 teaspoons finely grated fresh lemon zest
1/4 cup chopped fresh dill
3/4 teaspoon salt
1/4 teaspoon black pepper

Cook pasta in a 6- to 8-quart pot of boiling salted water until al dente.

While pasta is cooking, heat butter in a 12-inch nonstick skillet over moderately high heat until foam subsides, then sauté cabbage, stirring, until pale golden, about 6 minutes. Add scallions, chicken broth, and cream and bring to a boil, then reduce heat and simmer, uncovered, stirring occasionally, until cabbage is tender, about 2 minutes.

Remove from heat and stir in peas, zest, dill, salt, and pepper.

Ladle out 1 cup pasta cooking water and reserve, then drain pasta in a colander. Combine pasta with cabbage mixture and 3/4 cup reserved pasta water in a large bowl (or in pot).

If pasta looks dry, moisten with some of remaining water.