

Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.

Oprah Winfrey (1954 -), *O Magazine*, July 2003

Crème de la Crop

What do I get?

Quantity represents ½ membership, **Subject to change**

Epicureans: 8 Good Sized Slicing Tomatoes Or Equal, Bag Of Paste Tomatoes, Bag Of Cherry Tomatoes, Swiss Chard, 3 Cucumbers Or 3 Summer Squash, You Choose 2 Of The Following (3 Cucumbers, 3 Summer 4 Sweet Peppers, Green Snap Beans, Broccoli/Cauliflower, Bag Of Potatoes, Bag Of Purple Hull Peas, 2 winter squash Or Cabbage), Edamame, Tomatillos, Nasturtiums, Parsley, Cutting Celery

Standard: 8 Good Sized Slicing Tomatoes Or Equal, Bag Of Paste Tomatoes, Bag Of Cherry Tomatoes, Swiss Chard, Squash, You Choose 2 Of The Following (3 Cucumbers, 3 Summer 4 Sweet Peppers, Green Snap Beans, Broccoli/Cauliflower, Bag Of Potatoes, Bag Of Purple Hull Peas, 2 winter squash Or Cabbage)

Grilled Tomato Kebabs

Adapted from Ina Garten 2009
Show: Barefoot Contessa
Episode: Birthday Breakfast BBO

Cook Time
10 min

Level
Easy

Yield
10 kebabs

1 pint cherry tomatoes
Good olive oil
Kosher salt and freshly ground black pepper

Heat a charcoal grill with coals. Spread them out in one dense layer and brush the grill with oil. Place the cherry tomatoes on skewers, threading them through the stem of the tomato. Brush the tomatoes with olive oil and sprinkle with salt and pepper. Place the tomato skewers on the grill, turning once, until seared on the outside but still firm inside, about 5 minutes.

Canned Tomatoes

Martha Stewart Living | July 2005

Sterilize jars in boiling water for fifteen minutes. Use new lids, and sterilize them according to manufacturer's instructions. The USDA recommends adding two tablespoons lemon juice to each quart of tomatoes to increase the acidity and to help prevent spoilage.

18 pounds ripe tomatoes
2 tablespoons coarse salt
12 fresh basil leaves

Prepare an ice-water bath; set aside. Bring a large stockpot of water to a boil. Score an X in the bottom of each tomato. Boil tomatoes in batches until skins begin to split, 1 to 2 minutes. Transfer to the ice-water bath; let cool slightly. Peel, core, and halve tomatoes. Working over a sieve set in a bowl, remove seeds. Discard seeds, and reserve juice.

Add lemon juice, if using (see note above), 1 teaspoon salt, and 2 basil leaves to each of 6 hot, sterilized 1-quart jars. Fill jars with tomatoes, cut sides down, compressing with a rubber spatula to remove air bubbles. Add reserved juice, leaving 1/2 inch space in each jar's neck. Wipe rims of jars with a clean, damp cloth; cover tightly with sterilized lids and screw tops. Transfer jars, using tongs or jar clamp, to the rack of a large canning pot filled with hot water; cover with water by 2 inches. (Jars should be spaced 1 inch apart, and should not touch sides of pot.) Cover; bring to a boil. Process jars in gently boiling water for 45 minutes. Transfer to a wire rack; let cool 24 hours. Press down on each lid. If lid pops back, it is not sealed; refrigerate unsealed jars immediately, and use within 2 weeks. Sealed jars can be stored in a cool, dark place up to 1 year.

ROASTED TOMATOES

Martha Stewart Living | October 2002

12 plum tomatoes (about 3 pounds)
1/4 teaspoon sugar
Coarse salt and freshly ground pepper
2 tablespoons fresh thyme leaves
3 tablespoons extra-virgin olive oil

Preheat oven to 275 degrees. Slice tomatoes in half lengthwise, and place cut side up in a single layer on a rimmed baking sheet. Sprinkle with sugar, and season with salt and pepper. Place a few thyme leaves on top of each half, and drizzle lightly with oil.

Roast until tomatoes have started to shrivel and caramelize, about 2 1/2 hours. Remove from oven; let cool until ready to use, up to 5 days

We look forward to providing you with fennel fresh lima beans, beets & Leeks over the course of the next couple of weeks.

Epicurean Members, The deer got a hold of some of the Edamame which resulted in dried up pods. Save these you can add them to soup or anything with high moisture content.

Tomato Stuffed Peppers

Adapted From Ellie Krieger 2007,
Show: Healthy Appetite with Ellie
Krieger Episode: Five or Less

Cooking spray
4 large red peppers
2 cloves garlic, thinly sliced
3 tablespoons chopped kalamata olives
4 medium tomatoes
2 tablespoons olive oil
Freshly ground black pepper

Preheat oven to 375 degrees F. Spray a large, shallow baking dish with cooking spray.

Cut the peppers in half lengthwise, removing the seeds but leaving the stem. Although the stem is not edible it looks good in this dish and helps the pepper retain its shape. Place the peppers cut side up in the baking dish.

Divide the sliced garlic and the olives evenly among the peppers. Cut each tomato into 8 wedges and put 4 wedges into each pepper. Drizzle each stuffed pepper with a little oil and season with a few grinds of pepper.

Roast the peppers for about 50 minutes or until they are tender and beginning to brown around the edges.

Stacked Tomatoes and Mozzarella with a Roasted Tomatillo Dressing

Recipe adapted from Emeril Lagasse, 2007
Show: Emeril Live Episode: Emeril's Farmers Market

Roasted Tomatillo Dressing:

14 purple and green tomatillos, husked and rinsed
6 cloves garlic, unpeeled
1 red onion, cut into quarters
1 1/2 tablespoons olive oil plus 1/4 cup olive oil
Salt and freshly ground black pepper
3 tablespoons verjus
2 tablespoons red wine vinegar
1/2 cup fresh parsley leaves

For the salad:

1 heirloom tomatoes, sliced
4 heirloom cherry tomatoes, yellow, green and red
1/2 pound fresh mozzarella, sliced
1 pint crabmeat, picked over for shells
1/4 cup tomatillo dressing

Preheat the oven to 425 degrees F.

Place the tomatillos, garlic and onion on a baking sheet. Drizzle the vegetables with the 1 1/2 tablespoons of olive oil. Season with salt and pepper. Roast the vegetables in the oven until browned and softened, about 15 to 20 minutes. Remove the vegetables from the oven and place the tomatillos and onion in a food processor. Squeeze the garlic cloves out of their peels into the food processor. Add the verjus, vinegar, and parsley leaves. Pulse until the mixture is pureed, drizzling in the 1/4 cup olive oil to thin dressing. Season the dressing with salt and pepper to taste, and set aside.

To complete salad:

Arrange tomatoes, cheese and crabmeat, alternating to create a stack on serving plates. Drizzle the top with the dressing.

Chard Quiche

Body & Soul May 2009

Serves 6

3/4 cup all-purpose flour (spooned and leveled)
3/4 cup toasted wheat germ
Coarse salt and ground pepper
4 tablespoons olive oil
1 pound Swiss chard (1 large bunch), leaves chopped, stems minced
1/2 medium onion, minced
1/2 cup grated Gruyere cheese (2 ounces)
4 large eggs
1 cup whole milk
1 pinch ground nutmeg
1 pinch ground mustard powder

Preheat oven to 350 degrees. In a medium bowl, whisk together flour, wheat germ, and 1/4 teaspoon salt. Set aside. In a medium skillet, heat 3 tablespoons oil over medium. Add half the chard to skillet, season with salt and pepper, and cook until chard wilts and releases liquid. Wipe skillet, set aside.

Add cooked chard to flour mixture and mix with fork to incorporate. Transfer to a 9-inch pie plate; firmly press mixture into bottom and up the side of pan. Bake until golden and firm, about 25 minutes. Cool. In reserved skillet, heat remaining tablespoon oil over medium. Add onion and cook, stirring occasionally, until softened, 3 to 5 minutes. Add remaining chard to skillet, season with salt and pepper, and cook until wilted, 2 to 3 minutes.

Transfer chard mixture to a colander. Press firmly with the back of a spoon to squeeze out as much liquid as possible. Top prepared crust with chard mixture and cheese; place on rimmed baking sheet.

In a medium bowl, whisk together eggs, milk, nutmeg, mustard powder, 1/2 teaspoon salt, and 1/8 teaspoon pepper. Pour custard over chard mixture. Bake until custard is set, 40 to 45 minutes. Let stand 15 minutes before serving.