



www.rockvillemarketfarm.net

Rockville Market Farm

July 21, 2010

News From the Farm

In your vegetable box
this week:

Small Share

- * Cherry and plum tomatoes
- * Basil
- * Red leaf, red boston or boston lettuce (1)
- * Mesclun
- * Zukes and yellow squash
- * Beans
- * Baby bunched onions

Large Share

- * Cherry and plum tomatoes
- * Basil
- * Red leaf, red boston or boston lettuce (1)
- * Mesclun
- * Zukes and yellow squash
- * Beans
- * Baby bunched onions
- * Peppers

Pro-rated shares available!!

This newsletter marks the 7th week of our CSA. With 13 left to go, we would love to share the harvest with additional members. Please let your friends and neighbors know that it is not too late to join us.

We have settled in to a routine here at the farm. Truth be known, May and June are not our favorite months. There's simply too much to do and not enough time to do it. We get a little frazzled and it can be overwhelming. Now that we're on the other side of all of that we can enjoy what is shaping up to be a very special growing season. Lots of heat, plenty of rain (but not too much), a great crew and things should come together very nicely. This being Vermont, you never know what mother nature might throw your way (like the rather severe 5 minute storm that tore through the farm last night), but all things considered we're very happy with the way things are going, we hope you are too!!

A note about last week's newsletter:

Many members were unable to open last week's newsletter. We apologize for that as we try to balance good resolution photos with file sizes that won't be rejected by e-mail servers. This newsletter and its photos are greatly compressed to avoid problems. If you are ever unable to open the newsletter, or would just like to revisit old recipes, please visit our newsletter archive:

[Newsletter archive](http://www.rockvillemarketfarm.net/content/7582) (<http://www.rockvillemarketfarm.net/content/7582>)





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Share the Harvest!!!



Zucchini and Yellow Squash

Summer squash and zucchini is so plentiful this time of year whether you are a gardener or CSA member. If you are both, you are likely swimming in it! The great thing is that there are equally plentiful ways to prepare it :

- * sautéed with stir-fry
- * cut lengthwise into strips,
- * brushed with olive oil and grilled
- * grated and used as an ingredient in breads, frittatas

Frittata Recipe: 2 lbs summer squash
Salt
Green onions(healthy fistful chopped)
Basil leaves(fistful again)
2 garlic cloves
4 eggs
1/4 Cup oil
1 Cup flour
2 tsp. baking powder
1/2 Cup parmesan/pecorino cheese

In the main bowl of a food processor, grate about two pounds of summer squash. Put the squash in a colander and lightly salt. Leave to drain, and put the chopping blade in the food processor. Add a healthy fistful of onions, the leaves from a bunch of basil, a couple of garlic cloves, and pulse until well chopped. In a big bowl, mix around a cup of flour with a couple teaspoons of baking powder and about a half cup of grated parmesan or pecorino romano cheese. Lightly beat four eggs and a quarter cup of oil (optional: add a couple spoonfuls of bacon grease). Put the grated squash in a thin clean dishtowel or heavy-duty paper towel and squeeze out excess liquid. Combine all the ingredients in the big bowl. You should have a thick, fragrant batter. Pour the batter into a greased 13x9 baking pan and sprinkle a little more cheese on top. Bake at 375 degrees until golden, about 30-45 minutes (it depends on the moisture left in the squash). When cool, cut into squares and serve.

Source: <http://www.mariquita.com/recipes/summer%20squash.html>

