



Monday - July 27
Week Ten

SUNSET COMMUNITY FARM

Community CROPS 2009 Summer CSA

Upcoming Events

THIS Saturday, from 9am-1pm is the CSA member workday. Please email Ingrid to set a 2-3 hour time when you can come help at the farm. This is a great way to learn more about how your food is grown. The other volunteer opportunity is Monday, July 3 from 9am-1pm. We are pretty flexible, and if you really want to come out but neither of those days works for you, please let Ingrid know your availability and we can work something else out.

Mark Your Calendars

Garden Gala, August 15, 9am-noon

Community Garden at 46th and Pioneers

Come for food, music, a garden tour, and activities for the whole family!

About your Veggies...

The **tomatoes** are heirloom varieties-they *are* ripe, even if they're green or pink! There are three varieties producing at the moment. If you have a pink tomato, it's a Brandywine. The yellow-green ones are Green Zebra, and the orange ones are a variety called Amana Orange.



If you have **fennel** in your box, to prepare it, cut off the leaf stems. Cut the base of the stem off so you can remove the individual pieces from the bulb. Slice these length-wise about 1/2" thick. Saute them on the stove in either butter or oil, adding a bit of salt. After sauteing, they are delicious mixed into a tomato-based pasta sauce, or you could toss some chopped basil on for the last minute of cooking, and eat it by itself. The fine leaves can be chopped and tossed into a salad, dressed with olive oil, balsamic vinegar and salt.

Zucchini and **yellow squash** are also delicious chopped, sauted in oil or butter, and mixed with a tomato-based sauce, or simply with chopped basil on top. Likewise, **eggplant**.

Mohlokia is a cooking green common in Northern Africa. Memphis, who is from Togo, is growing it at the farm this year. He says it is a delicious, nutritious green, and it is to be prepared as you would cook spinach.

This Week's Offerings

Tomatoes
Jalapeño Peppers
Garlic
Zucchini Squash
Red Cabbage
Cilantro
Red Onions
Basil
Yellow Squash
Other Veg: either
Eggplant, Cucumber
or Fennel

Veggie Lovers Only

Blackberries
Mohlokia
Patty Pan Squash
Tomatillos
Radish Sprouts

Recipes

Fried Zucchini

Slice a zucchini into coins about 1/4" thick. In one bowl, mix a couple eggs and a little milk. In a second bowl, mix flour or Bisquick with about 1/2 tsp. salt. Dip the slices of zucchini first in the egg, then coat them with the flour mixture. Heat a Tbsp of oil in a skillet, and heat to medium high. Place the coated zucchini in the skillet, flipping to cook the other side after a minute or so, when it's brown to your liking. When removing from the skillet, place on a plate with a paper towel to remove excess oil. You can try other spices in the mixture too--paprika, chili powder, Italian seasoning, whatever you like! -Leslie

Cole Slaw

2 cups purple cabbage, shredded	3 ½ Tbsp. lemon juice
1 large unpeeled cucumber, diced	1/4 cup diced tomatoes
1 large shredded carrot	3 tbs. Nama Shoyu or 1 tsp. Celtic sea salt
1/4 cup shredded onion	1/3 cup olive oil
1 ½ Tbsp. cumin seeds	1 tbs. minced garlic
1 ½ tsp. ground cumin	

Combine the above ingredients in a serving bowl. Mix and Serve. Source: Raw, The UNcook Book

Raw Salsa

1 ½ cups chopped tomatoes	1 ½ tsp. Minced garlic
2 tsp. lemon juice	1 tsp. Minced jalapeño
2 Tbsp. minced red bell pepper	1/4 cup Nama Shoyu or 1 ½ tsp. Celtic sea salt
1/4 cup fresh cilantro, chopped	1/4 tsp. cumin
1/4 cup olive oil	1/4 cup sun-dried tomatoes (optional)
1 tsp. minced ginger	

Place all ingredients into blender and blend until creamy, about 1 minute. This Salsa thickens in about 2 to 3 minutes after blending. Keeps for 3 days. Source: Raw, The UNcook Book

Salsa Verde (Green Salsa)

6 tomatillos, husks removed
1 jalapeño or other hot pepper (more if you like spicy)
1-2 cloves garlic, peeled
1/3 onion, finely chopped
18 cilantro leaves, finely chopped
Salt to taste

Boil the tomatillos and hot pepper in water for 3-5 minutes, until the tomatillos turn light yellow. Place the tomatillos and hot pepper in a blender with the garlic clove and blend until smooth (or until chunky if preferred).

Place the mixture in a bowl and mix in the onion, cilantro and salt to taste. (Optional: blend the onion with the other ingredients in the blender.)

Enjoy with chips, or on burritos and tacos. -Efrain Hernandez

Off Next Week--We'll send out an email next week to let you know what's coming up!