



Towne's Harvest Newsletter

August 21, 2007 Week 9

This week's share includes...

Tomatoes

Sweet Peppers

Green Onions

Yellow Sweet Onions

Corn

Cucumbers

Eggplant

Hot Peppers

White Onion

Kohlrabi

Beets

Healthy Tidbits...

Kohlrabi can be eaten raw in a salad or peeled and used as scoops with a dip like hummus. Some people enjoy eating it just by itself. Try all the options and see what you like best.



Notes from the Field

We would like to thank all of our CSA members for your support this season. We could not have accomplished this without you. The Towne's Harvest crew will be heading back to school starting on Monday, August 27, 2007. This means we only have a few weeks left and the summer has disappeared quickly. As we begin school again, we would greatly appreciate all the volunteer help that we can get. If you have the time to come help, please email us at msu.flf@gmail.com to set up a time and we can make sure one of us is at the farm. Thank you again for all your support and we hope you enjoy these last few weeks of produce!

RATATOUILLE

Ratatouille is a Provençal vegetable dish of stewed eggplant, squash, peppers and tomatoes. You can serve it hot or cold.

*1 eggplant, cubed
1 large zucchini, cubed
2 medium yellow squash, cubed
1/4 cup olive oil
1 small green pepper, coarsely chopped
1 small sweet yellow pepper, coarsely chopped
1 small sweet red pepper, coarsely chopped
1 medium onion, chopped
2 cloves garlic, minced
2 (14 1/2 oz) cans fancy tomato wedges, undrained
1/2 cup dry white wine
1/3 cup small pitted ripe olives
1 tsp salt
2 tsp dried Italian seasoning
1 bay leaf
3/4 cup freshly grated Parmesan cheese (optional)*

1) Saute first 3 ingredients in hot oil in a large Dutch oven over medium-high heat 6 to 8 minutes. Add peppers, onion, and garlic; saute 8 minutes, stirring occasionally. Add tomatoes and next 5 ingredients; cover, reduce heat to medium, and simmer 15 minutes or until tender. Discard bay leaf.

*2) Transfer ratatouille to a large serving dish. Sprinkle with cheese, if desired. Serve with a slotted spoon.
Yield: 10 servings.*

Taken From The Ultimate Southern Living Cookbook page 452.

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