



What's in the Box

Potatoes
Onions
Cucumbers
Hot Peppers
Banana Peppers
Bell Peppers
Tomatoes
Zucchini
Eggplant
Melons
Green Beans

The melons are starting to ripen so hopefully you can each get 2 of them today. We also have a lot of eggplant that is ripe and needs to be picked. I've included 2 recipes that I found on the "Produce Pete" website.

Eggplant has a slightly bitter taste, especially when mature. To get rid of it, peel the eggplant (the skin is likely to be both bitter and a little tough), then slice it, sprinkle with salt, and allow it to drain in a colander for up to half an hour. In addition to purging the bitter juices, salting eggplant also helps keep it from absorbing oil when you sauté or fry it. You can bread and fry eggplant or use it in dozens of different vegetable dishes. It's a good, filling substitute for meat in a vegetarian meal.

Eggplant and Zucchini Parmigian

Ingredients

- 3 large eggplants
- 2 large zucchini
- egg and milk mixture
- oil
- bread crumbs
- salt to taste
- 1 pound shredded mozzarella cheese
- 1/2 cup Parmesan cheese grated
- Prepared tomato sauce

Preparing

Cut unpeeled eggplant and zucchini into slices about 1/4 inch thick. Dip eggplant into egg and milk mixture, then into bread crumbs. In a large frying pan, heat oil until very hot and fry eggplant until golden brown; drain on paper towels. Fry zucchini as is, do not add bread crumbs. In a large baking pan, place sauce on bottom of pan to cover and follow with a layer of eggplant slices, sauce, mozzarella cheese, parmesan cheese zucchini, pinch of salt and repeat the layers, ending with tomato sauce and mozzarella cheese on top. Bake in preheated 350° oven for 25-30 minutes.

What's going on at the farm.

We have plenty of tomatoes to pick now. The kids are willing to pick if they can drive the golf cart out in the field!! If you want green tomatoes, let us know, otherwise you will just get yellow and red ones.

Gumbroit

Makes 4 servings

- 3 T. olive oil
- 2 onions, diced
- 2 cloves fresh garlic
- 2 zucchini, cubed
- 1 eggplant, cubed
- 2 bell peppers, diced
- 1 lb. fresh string beans, cut into pieces
- 2 fresh tomatoes
- 1 T. oregano
- Dash of salt

In a large skillet, pour in the oil, and add the diced onions and garlic; sauté until golden brown. Add the fresh vegetables, oregano and salt. Stir and sauté for five more minutes.

Eggs

Be sure to ask for eggs if you want to buy some. Since we keep them in the frig I forget that we have them! ☺