

This week's share consists of items from, GROWN Locally, East View Orchard, Kerns Sweet Corn and Annie's Gardens and Greens. We use the word projected because sometimes we don't get everything that we had ordered to begin with. Or the weather may play a part in it. Either due to, too much rain or if it is too hot.

July 28th 2010

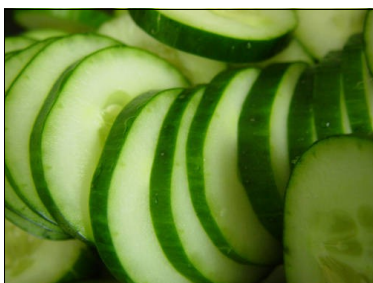
Full Share: 6 ears sweet corn, 1 head cabbage, 1# carrots, 1# cucumbers, 1 bundle Swiss chard, 1 bundle broccoli, 1# green peppers, 1/2 bag spinach, 1# green beans, 1# zucchini/summer squash, & 1 bundle green onions.

July 28th 2010

1/2 Share: 6 ears sweet corn, 1 head cabbage, 1# carrots, 1# green peppers, 1# cucumbers & 1 oz sage.

In this Issue:

| | |
|-----------------------------|---|
| Cucumbers..... | 1 |
| Cottage Cheese Salad | 1 |
| Cabbage on the Grill | 1 |
| Grilled Zucchini and Squash | 2 |
| Italian Style Swiss Chard | 2 |
| Sage Farinata | 2 |

CUCUMBERS.....

Cucumbers, cucumbers and more cucumbers. If anyone is looking for cucumbers we have them. If you are wanting to can cucumbers and need a large amount, we know of a grower that has quite an abundance of them. The price on the cucumbers would be \$0.60 a pound. If anyone is interested please call Annie's Gardens and Greens at 563-534-7760.

Cottage Cheese Salad**Ingredients:**

- 1 (16 ounce) container cottage cheese, drained
- 4 roma (plum) tomatoes, chopped
- 4 green onions, chopped
- 2 medium cucumbers, peeled and diced



- salt and pepper to taste

Directions:

In a medium bowl, stir together the cottage cheese, tomatoes, green onions, and cucumbers. Season with salt and pepper to taste. Chill until serving.

<http://allrecipes.com/Recipe/Cottage-Cheese-Salad/Detail.aspx>

Cabbage on the Grill**Ingredients:**

- 1 large head cabbage
- 1 1/2 teaspoons garlic powder, or to taste
- salt and pepper to taste

Directions:

1. Preheat grill for medium heat.
2. Cut the cabbage into 8 wedges, and remove the core. Place all the wedges on a

piece of aluminum foil large enough to wrap the cabbage. Season to taste with garlic powder, salt, and pepper. Seal cabbage in the foil.

3. Grill for 30-40 minutes on the preheated grill, until tender. <http://allrecipes.com/Recipe/Cabbage-on-the-Grill/Detail.aspx>

Mark Your Calendars!

- Next CSA delivery will be Aug 4th & Aug 6th.
- Please send in your payments by mailing them to Annie's Gardens & Greens 30975 Lincoln Rd, Fort Atkinson, IA 52144
- Please return CSA bags at your drop site to be picked up for the next delivery.



GRILLED ZUCCHINI AND SQUASH

Ingredients:

- 2 zucchini, halved lengthwise and cut in 1/4 inch slices
- 1 summer squash, thinly sliced
- 3/4 cup butter
- 1 tablespoon salt
- 2 tablespoons ground black pepper



- 2 tablespoons garlic powder

Directions:

1. Preheat grill for medium-high heat.
2. Place the zucchini, and squash on a large sheet of alumi-

num foil, and dot with butter. Season with salt, pepper, and garlic powder. Seal vegetables in the foil.

3. Place the foil pack on the preheated grill, and cook 20 minutes, until vegetables are tender. <http://allrecipes.com/Recipe/Grilled-Zucchini-and-Squash/Detail.aspx>

Italian Style Swiss Chard

Ingredients:

- 1 bunch Swiss chard
- 1 cup water
- 1 tablespoon salt
- 2 tablespoons olive oil
- 4 cloves garlic, coarsely chopped
- 1/8 teaspoon crushed red pepper flakes
- salt to taste



upper leafy strips.

2. Bring the water and 1 tablespoon of salt to a boil in a large saucepan.
3. Cook the stalk sections in the salted boiling water for 2 minutes. Stir in the leafy strips and cook until the leaves are wilted and the stalks are fork tender, about 6 minutes. Drain and set aside.
4. Heat the olive oil, garlic, and red pepper flakes in a large skillet over medium heat until

aromatic, about 3 minutes. Add the drained Swiss chard, cook and stir for 2 minutes; season with salt to taste. <http://allrecipes.com/Recipe/Italian-Style-Swiss-Chard/Detail.aspx>

Directions:

1. Wash the Swiss chard and cut into 1 inch strips. Separate the thick and tough stalk sections from the

SAGE FARINATA

Ingredients:

- 2 tablespoons olive oil
- 1/4 cup fresh sage leaves, rinsed and drained
- 1 onion (6 oz.)
- 1 cup garbanzo flour
- About 1/4 teaspoon salt

Directions:

1. Put oil in a 9- to 10-inch ovenproof frying pan. Add sage leaves and mix to coat with oil, then lift out leaves and put in a small bowl.
2. Peel and thinly slice onion. Put onion in frying pan over medium-high heat and stir often until golden and sweet-tasting, about 10 minutes.
3. Meanwhile, in a bowl, whisk garbanzo flour and 1/4 teaspoon salt with 1 1/2



cups water until smooth.

4. Reduce heat under onions to medium-low. Push onion slices to center of pan and pour garbanzo mixture around them, then lift onions so batter can flow under them. Sprinkle socca with sage leaves. Cook until socca feels dry when lightly touched and is browned on the bottom (lift carefully with a spatula to check), 12 to 14 minutes.
5. Broil 6 to 8 inches from heat until top is lightly browned, 3 to 4 minutes.
6. Cut into wedges and serve with a wide

spatula. Add salt to taste.

7. Canned option: If garbanzo flour isn't available, omit it from preceding recipe. Instead, drain 1 can (15 1/2 oz.) garbanzos, reserving 6 tablespoons of the liquid. Whirl garbanzos, reserved liquid, and 1 tablespoon all-purpose flour in a blender until very smooth. Use in step 3. Mixture will still feel moist on top when browned on bottom, step 4, and will take 3 to 4 minutes longer to brown when broiled, step 5. http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=523438