

Pita Bread Salad with Cucumbers, Tomatoes & Herbs

1 medium cucumber, peeled, seeded, cut into small dice
salt and ground black pepper
4 pita breads, 6-inch size, several days old, torn into 1/2-inch pieces
1 pint cherry tomatoes (or equivalent CSA tomatoes, chopped)
6 scallions, trimmed, sliced thin, including 2-inches of green
1/4 cup minced fresh mint leaves
1/4 cup minced fresh cilantro or parsley leaves
1/2 cup extra-virgin olive oil
6 tablespoons lemon juice (from 2 large lemons)
Heat oven to 375 degrees F. Place cucumber in colander; sprinkle with 1/4 teaspoon salt. Place a weight (such as a zip-lock bag filled with water) over cucumbers; drain to release most of moisture, about 30 minutes. Rinse and pat dry.
Place bread pieces on baking sheet; bake until crisp but not browned, 5 to 7 minutes. Transfer to large bowl; add cucumber, tomatoes, scallions and herbs, and toss well. In small bowl combine oil and lemon juice and salt and pepper to taste. Add to large bowl, toss again and serve immediately.
Serves 6.
From "Daily Herald," August 13, 2008

Cosmic Cucumber Wrap

*Add a bit of finely diced hot or **sweet pepper** to the mix for an extra kick!*
1 ounce lean ground beef
1 tablespoon onion, chopped
1 cup lettuce, shredded
1/4 cup fresh tomatoes, diced
1/4 cup cucumber diced
1 8-inch whole-wheat tortilla
1 tablespoon fat-free ranch dressing
Brown ground beef and onion in a skillet over medium heat, drain excess fat. Mix lettuce and tomato together with ground beef mixture. Chop cucumber and mix with salad dressing. Place tortilla on a plate and spread with beef mixture. Top with cucumber and salad dressing mixture and roll wrap.
Serves one.
Adapted from "Daily Herald," August 13, 2008

Leek & Zucchini Pasta

2 medium leeks
2 tablespoon vegetable oil
1 1/2 cup mushrooms, sliced
1 large tomato, diced
1 medium zucchini, julienned
1/4 cup dry white wine
1 cup sour cream
1 teaspoon tarragon leaves
1/2 teaspoon salt
3 cups rotini pasta
Discard green part of leeks and slice thinly lengthwise. In large fry pan, heat oil over medium-high heat. Saute leeks, mushrooms, tomato and zucchini for 5 minutes. Add wine and simmer 5 minutes longer. Stir in cream, tarragon and salt. Bring to a boil and simmer until slightly thickened. While preparing sauce, cook pasta according to package directions. Drain well. Spoon onto plates and top with sauce.
Serves 4.
From *fooddownunder.com*.

Lemon Zucchini with Pasta

Lisa from a CSA back east says: "I have a dynamo recipe for zucchini...my husband said it is the best way he has ever eaten [it]."
1 pound dried tubular-shaped pasta
2 tablespoons olive oil
2 to 3 cloves garlic, minced
4 medium zucchini (or equivalent summer squash), thinly sliced
1 tablespoon chopped fresh rosemary
grated zest and juice of 2 lemons
1/2 cup pitted black olives
salt and pepper to taste
grated Parmesan cheese for serving (*optional*)
Cook pasta according to package directions. When pasta is almost cooked, heat olive oil in large skillet and sauté garlic over medium heat until it begins to brown. Add sliced zucchini, rosemary, lemon zest and juice and stir-fry for 3 to 5 minutes or until zucchini is tender-crisp. Stir in the olives, season with salt and pepper and remove from heat. Toss with drained pasta and serve at once. Serve with grated parmesan cheese (*optional*).

Thanks Lisa ! East meets West

Chard Surprise Dip

This is a great dip for raw vegetables, crackers or tortilla chips. Kids like it, too!
1 cup steamed chard and/or beet greens
1 cup plain yogurt
1 cup cooked chickpeas
1/4 cup mayonnaise
2 cloves garlic
1/2 onion, chopped
1 tablespoon lemon juice, or to taste
1/2 teaspoon salt, or to taste
Place all ingredients in a blender or food processor and puree until the mixture reaches desired consistency.
Makes about 2 1/2 cups.
From "Simply in Season," Mary Beth Lind and Cathleen Hockman Wert, 2005.

Easy Greens & Tomatoes

1 large bunch kale or chard, stems removed, leave coarsely chopped (role a bunch of chard like a cigar and slice)
1 large tomato, chopped
1 large onion, chopped
water or tomato juice
olive oil
salt and pepper
Place greens, tomatoes and onions in a pot with just enough water or tomato juice to keep them from burning while it cooks. Cover and cook over medium heat until greens are tender, about 20 minutes. Add a little olive oil, plus salt and peppers to taste before serving.
Serves 2.
From "From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce," Madison Area CSA Coalition, 2004.

Peppers 101

Storage

Place whole, unwashed peppers in a plastic bag, seal, and refrigerate for a week or more.

Handling

Rinse peppers just before use. For sweet peppers, cut around the stem with a small knife and lift out the core. Slice down the side to open it up and then cut out the inner membranes.

Add to Laguna Farm salad mix and enjoy!