

## Storing Basil by Julia from Mariquita CSA

It shouldn't get too cold, so try to find the 'warmest' place in your fridge. For some that's the door, for others that might be the produce drawer. In my own fridge, the back of the fridge tends to get coldest.... I've read recently that wrapping the basil bunch in a damp clean cloth (I used an old clean cloth napkin) and put that in the 'vegetable crisper'. It worked for me! If you're not sure about your fridge you can try keeping your basil as a flower bunch in a jar with water at the stems. I don't recommend drying basil: it's best used up or made into pesto and then freezing the pesto if you want to keep the flavor for another week/month.

### Benefits include:

Researchers report that basil contains antibacterial compounds, which make the essential oil great for treating skin conditions. In India it is used in a kind of aroma therapy and is said to give people sattva, enlightenment and harmony. In Arabian countries it has long been used to alleviate menstrual cramps, so, many Arabian men refuse to eat it. We hope you will all try it.

### BASIL WALNUT VINAIGRETTE

1 tsp.	chopped garlic
20	basil leaves
1/2 tsp.	salt
1/2 tsp.	pepper
2 tsp.	Dijon mustard
4 tbsp.	white wine vinegar
1/2 cup	olive oil

Whirl together the above ingredients, and toss with lightly steamed green beans and/or cooked potatoes, or? Then toss with: chopped walnuts and 3 sliced scallions.

### Bean Salad Recipe from Michelle Russell

It's a very simple bean salad that I never tire of, guests have been happy too. First, I get four or so different cans of beans and put them in a bowl. I like to mix colors, so my salad includes garbanzo, black, navy and red. Then I splash balsamic and olive oil over the beans, letting it sit while I wash and chop whatever herbs I have at hand. I like to add at least a half of cup of herbs. My last salad featured parsley and basil. Delicious! Thinly slice green or other sweet onions and add those too. Stir everything adding salt

and pepper to taste. Serve over whatever salad greens you have. That's it. I've also made a tasty version by making the vinaigrette separately, in a blender, with dried tomatoes added. The tomatoes get ground up and the vinaigrette emulsifies nicely. This salad travels well and makes great leftovers. Option: add some Green Garlic...yummy

### ROASTED-GARLIC BASIL SAUCE

4 large garlic cloves  
1 medium zucchini  
3/4 cup packed fresh basil leaves  
1/4 cup packed fresh flat-leafed parsley leaves  
1/2 cup water  
2 teaspoons fresh lemon juice  
Preheat oven to 425°F. Wrap garlic cloves tightly in foil. Cut zucchini into 1/4-inch-thick slices and season with salt and pepper. Put foil-wrapped garlic and zucchini on a baking sheet and roast in middle of oven until garlic is tender and zucchini is pale golden, about 15 minutes. Unwrap garlic and cool. Have ready a bowl of ice water. In a saucepan of boiling water blanch basil and parsley 10 seconds and drain in a sieve. Refresh herbs in ice water to stop cooking and drain in sieve. Sauce ingredients may be prepared up to this point 1 day ahead and kept separately, covered and chilled. In a blender blend garlic, zucchini, herbs, water, and lemon juice until smooth, about 1 minute, and season with salt and pepper. Makes about 3/4 cup. Each 3 tablespoon serving about 14 calories and 0 grams fat. Gourmet September 1997

### Real Basil Cheesecake

from the Madison Herb Society Cookbook  
2 large eggs  
1 cup sour cream  
3/4 cup sugar  
1 cup basil leaves, destemmed  
2 Tablespoons cornstarch  
2 Tablespoons lemon juice  
1 teaspoon vanilla  
2 pounds cream cheese, at room temperature  
2 Tablespoons butter, softened  
1 cup crushed graham crackers or vanilla wafers  
Preheat oven to 450 degrees. In food processor or mixer, lightly beat eggs. Add sour cream, sugar, basil, cornstarch, lemon juice, and vanilla. Process until smooth. Add cream cheese, 1/2 pound at a time, and process to incorporate. Spread softened butter on bottom and halfway up sides of a 9- or 10-

inch springform pan. Cover buttered area with cookie crumbs, pressing to be sure they stick. Pour in cheesecake batter and bake 35-40 minutes or until a toothpick inserted in the center comes out clean. Run a knife around edges of cake as soon as comes out of oven. Cool on wire rack 5 minutes then remove the side of pan. Finish cooling. Cut with dental floss into thin wedges. Ten servings.

### Zucchini with Basil and Pecorino Romano Cheese

from Verdura by Viana La Place  
1 1/2 pounds firm zucchini  
4 Tablespoons extra-virgin olive oil  
3 garlic cloves, peeled and chopped  
Salt and Pepper to taste  
3 Tablespoons freshly grated imported Pecorino Romano cheese  
10 basil leaves  
Wash the zucchini well. Trim the zucchini and slice into thin coins. Place olive oil in a large saute pan and turn the heat to high. Add the zucchini and toss in the oil until it is lightly golden in spots but still crisp, about 4 minutes. Turn the heat to medium low, add the garlic and S & P to taste. Cook until the zucchini is tender but still has a trace of crispness. Transfer the zucchini to a serving platter. Sprinkle the grated Pecorino Romano cheese over the zucchini. Tear the basil leaves into fragments and scatter them over the top.

### CAPELLINI WITH LEMON AND BASIL

The Savory Way, Deborah Madison  
zest of 1 lemon, cut into narrow strips  
juice of 1 lemon  
1 1/2 tbsp. unsalted butter  
1 1/2 tbsp. extra-virgin olive oil  
8 fresh basil leaves, finely sliced  
2 tsp. finely chopped parsley  
3 oz. capellini  
salt & freshly ground pepper  
freshly grated Parmigiano-Reggiano (optional)  
Put the lemon zest, juice, butter, oil and herbs in a bowl large enough to hold the cooked pasta comfortably. Add the cooked pasta and repeatedly lift the noodles with a pair of tongs, mixing them with the other ingredients as you do so. Divide the pasta between 2 bowls and add a little pepper. Serve with cheese, if desired.

**Basil Ice Cream! This is not a typo! For recipe:**  
[www.mariquita.com/recipes/basil.html](http://www.mariquita.com/recipes/basil.html)