



Calypso Farm Notes

July 30th-August 3rd 2007

August is here already! Up on the farm that means everyone is scrambling to pull together our Fair entries! We have been careful to *not* harvest certain zucchinis and to leave the giant cabbages- as tempting as it is! The animals are preparing for their big debuts, and the arts and crafts occupy most of our evenings.

Other than that, things on the farm are slowing down and we are enjoying these beautiful days while filling up on healthy servings of vegetables. We hope you are enjoying your vegetables, too! We should eat them fresh now, because these perfect summer days are getting shorter!

Crunching carrots, Kelly

Cauliflower, White Bean and Feta Salad *From Bon Appetit January 2007*

1/3 cup olive oil
 1 teaspoon minced fresh rosemary
 2 tablespoons fresh lemon juice
 1 tablespoon red wine vinegar
 2 1/2 teaspoons finely grated lemon peel
 1 1/2 teaspoons salt
 1/2 teaspoon ground black pepper
 1 medium head of cauliflower, trimmed, cut into small florets (about 3 cups)
 1 (15-ounce) can white beans (such as Great

Northern or navy beans), drained
 2 large heads of Belgian endive, trimmed, halved lengthwise, then thinly sliced crosswise
 1 tablespoon chopped fresh chives
 2 teaspoons chopped fresh parsley
 1/2 cup crumbled feta cheese (about 3 ounces)

Combine oil and rosemary in small saucepan. Stir over medium heat just until fragrant, about 1 minute. Cool.

Whisk lemon juice, vinegar, lemon peel, salt, and pepper in small bowl.

Combine cauliflower, beans, endive, chives, parsley, and rosemary oil in medium bowl; toss. Mix in cheese. Add lemon juice mixture and toss to coat. Season salad with salt and pepper.

Your Share This Week:

- Lettuce
- Summer squash
- Broccoli
- Cauliflower
- Carrots
- Kale
- Peas
- Asian Greens-Pak Choi
- Turnips

Stuffed Herb Zucchini
From Asparagus to Zucchini

6 or 7 medium zucchini	3/4 cup freshly grated Parmesan cheese
3 tablespoons butter	4 teaspoons fresh sweet marjoram
1 small onion, chopped	1/4 cup fresh parsley
1 large clove garlic, chopped	Salt and pepper to taste
1 cup seasoned bread crumbs	2 eggs, beaten

Preheat oven to 375 degrees F. Wash zucchini, cut off and discard ends and steam until just tender. Cool. Split lengthwise, scoop out pulp (reserve), turn upside down and let drain. Mash pulp. Heat butter in skillet, add onion and garlic, and sauté until softened. Add squash pulp, bread crumbs, 1/2 cup of cheese, herbs and seasonings. Add eggs and cook until mixture thickens. Stuff into zucchini shells, top with remaining cheese and place in a buttered casserole. Bake until browned, 20-25 minutes. Serve hot or at room temperature. Makes 6-8 servings.

Kale with Hot Bacon Vinaigrette
From Asparagus to Zucchini

1 pound kale, washed & tough stems removed	2 tablespoons champagne vinegar
4 slices bacon, chopped	1 tablespoon olive oil
1 tablespoon minced shallots or onions	Salt & freshly ground black pepper to taste

Pour water in a large skillet to depth of 1 inch and bring to boil. Add kale, cover and cook over high heat until wilted but still bright green, about 5 minutes. Drain and rinse with cool water. Sauté bacon in same skillet until crisp. Remove with slotted spoon and drain on paper towels. Add shallots to the bacon fat and cook 2 minutes, stirring constantly. Whisk in the vinegar and oil. Add drained kale to skillet and toss to coat with vinaigrette. Season with salt and pepper. Scatter bacon over kale. Variation: For a meatless version of this dish, sauté shallots and blanched kale in 3 tablespoons olive oil. Four servings.