

Common Roots Farm

CSA share #8: week of July 29, 2019

Week #8 of our CSA venture to bring healthy food and beautiful flowers into your home! We hope you are enjoying your farm share and that, as the season moves forward, we can offer you greater variety.

Today we are introducing you to Dylan, who is one of our Tuesday volunteers. If you stop by on a Tuesday you are likely to find Dylan arriving with his dad, Fred, ready to do some creative endeavors on our farm. Dylan is an artist. While others are working the fields, Dylan has been busy creating signs for us so that all our volunteers can locate where our different crops are planted. As a diversified market farm, we plant a variety of vegetables, fruits and flowers. Thanks to Dylan, people who are new to the farm will be able to find their way around better. Dylan has also been serving up frozen flavored ice at tea time and during the recent hotter weather, Dylan's treats have been a welcome addition to our team's break time. Consider visiting our farm and you will see Dylan's bright, colorful signs all around our farm.



Finally...tomatoes! This week's CSA share includes a market bouquet featuring our dahlias, a basket of strawberries, two heads of butter lettuce (a bit tip damaged due to the heat, but taste tests well), trombetta, a red Cabernet onion, and this week's addition, dry-farmed New Girl tomatoes. These tomatoes have not been watered since they were planted out in early May and, while smaller than irrigated tomatoes of the same variety, their flavor is more intense. Please let us know how you like them.

We hope you enjoy your farm share and invite you to offer any feedback or questions to us at:

CSA@commonrootsfarm.org

Thank you!

Instant Pot Squash

Ingredients:

1 pound medium summer squash (trombetto, yellow, crookneck, etc)
1 pound medium zucchini
2 medium tomatoes, chopped
1 cup vegetable broth
1/4 cup thinly sliced green onions
1/2 teaspoon salt
1/4 teaspoon pepper

Optional:

1-1/2 cups Caesar salad croutons, coarsely crushed
1/2 cup shredded cheddar cheese
4 bacon strips, cooked and crumbled

Preparation:

1. Cut squash into 1/4-inch -thick slices; place in a 6-qt. electric pressure cooker. Add tomatoes, broth, green onions, salt and pepper. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 1 minute. Quick-release pressure. Remove squash with a slotted spoon.
2. If you like, you can top with croutons, cheese and/or bacon.

shared by Laurie Biros 2019 CSA member

Vegalicious Tromboncino made into Baba Ganoush

Ingredients

4 whole zucchini or 1 large tromboncino
1/4 cup tahini
2 garlic cloves, finely grated
1/2 tsp paprika
Pinch of cayenne
1/2 lemon, zest and juiced

Garnish

Chopped roasted hazelnuts
Fresh mint, chopped
Pinch of paprika
Pinch of zaatar
Drizzle of olive oil

Instructions

- 1) Using a hot grill (I used our charcoal grill for added smoky flavor), cook the squash until all sides are blackened. Use tongs to turn it every so often.
- 2) Once done, remove and place in a bowl. Cover with foil and allow to cool until easy to handle or room temperature.
- 3) When cooled, carefully remove all the outer charred skin, leaving the soft flesh.
- 4) Mix squash flesh with tahini, garlic, lemon zest and juice, and spices. Don't over mix or it will get too thin.
- 5) Pour onto a shallow bowl and garnish with mint, spices, chopped nuts and a good drizzle of olive oil.

Notes: Squash will be soft enough to gently stir in. No need for food processor in my opinion.

<https://christinasfoodandtravel.com/baba-ganoush/>