



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
203-929-2003 · stonegds@comcast.net

CSA NEWSLETTER WEEK #16, SEPTEMBER 15TH, 2009

Hello Everyone,

This week we are announcing the return of our English greenhouse cucumbers. Even though they are large they don't have a lot of seeds and the skin is incredible tender. Everyone will have at least one in their share and full shares will receive two. There will also be regular field or Kirby cucumbers in all boxes too. You will also have a melon, yellow squash and zucchini, large dark and light purple eggplant, a ½ dozen corn, frying and or bell peppers, hot peppers (poblanos, anaheims, and or pasilla peppers), onions, and a bag of carrots. Half shares will get eggs. Full shares will also have small eggplants, a quart of small tomatoes, a bag of beans, a bag of beets, more onions, peppers, squashes, and a bunch of kale.

We are still offering box specials on cucumbers, \$15/ ½ bu. Box. Frying and green bell peppers and eggplant are available by the bushel. \$15/ bu. Please place an order and we will have it ready when you come to pick it up.

Please also check the label on the box you are taking to make sure it is the right one for you.

Thanks and enjoy,

Stacia

EGGPLANT PARMESAN

[From Food Network Kitchens](#)

Ingredients

- 2 medium eggplant (about 2 1/4 pounds), cut into 1/2-inch-thick round slices



www.stonegardensfarm.com

Feel free to contact us with your questions at stonegds@comcast.net



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
203-929-2003 · stonegds@comcast.net

- Kosher salt, as needed, plus 1 tablespoon
- 5 cups fresh breadcrumbs
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- Freshly ground  black pepper
- Vegetable oil for frying
- All-purpose flour for dredging
- 6 large eggs, beaten
- 2 tablespoons whole milk 
- Olive oil, as needed
- 7 cups QUICK MARINARA SAUCE, recipe follows
- 2/3 cup grated Parmesan, divided
- 1 pound fresh mozzarella, thinly sliced

Directions

Arrange the eggplant slices on several baking sheets and sprinkle generously all over with kosher salt. Set aside to let the bitter juices weep from the eggplant, about 1 hour.

Transfer the eggplant to a colander in the sink, and rinse well under cold running water. Transfer eggplant to a work surface and blot very dry with paper towels.

In a large bowl, whisk together the 1 1/2 teaspoons salt, breadcrumbs, oregano, thyme, and season with pepper.

Place the flour in a medium lipped plate or bowl. In another medium bowl, whisk the egg and milk together. Dredge an eggplant slice in the flour, then dip it in the egg, and finally dredge it in the breadcrumb mixture. Shake off any excess breading and transfer the eggplant to a baking sheet. Repeat with the remaining eggplant.

In a large straight-sided skillet, pour the oil to a depth of 1/2 inch. Heat the oil over medium heat until it registers 400 degrees F on a deep frying thermometer. (The oil must be heated to 400 degrees F. so that the breaded eggplant, when added, will drop the temperature of the oil to the proper frying temperature of 375 degrees F.)

Working in small batches, fry the eggplant slices, turning once, until golden brown, about 3 minutes per batch. Using tongs, transfer to a paper towel-lined baking sheet and season with salt to taste. Repeat with the remaining eggplant.

Preheat the oven to 400 degrees F. Lightly brush a 15 x 10- x 2-inch-baking dish with olive oil. Cover the bottom of the baking dish with 1/3 of the marinara sauce and arrange half of the eggplant over the sauce. Cover the eggplant with another 1/3 of the sauce. Scatter half of the Parmesan and half of the mozzarella over the sauced eggplant. Repeat with the remaining eggplant, sauce, Parmesan, and mozzarella. Bake until hot and just beginning to brown, about 30 minutes. Serve immediately.

www.stonegardensfarm.com

Feel free to contact us with your questions at stonegds@comcast.net



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
203-929-2003 · stonegds@comcast.net

CUCUMBER YOGHURT SALAD/DIP

3 cucumbers
Salt
3c plain Greek 2% yoghurt
2 tbsp. fresh mint leaves, finely chopped
2 cloves garlic, finely chopped
1½ tsp. lemon juice
1½ tsp. olive oil

Peel, quarter lengthwise and seed cucumbers. (If using English cucumbers, leave skins on.)

Shred coarsely. Mix with 1 tsp. salt.

Leave in fine mesh sieve for ½ hr.

Meanwhile, mix together yoghurt, mint leaves, garlic, lemon juice and olive oil.

Thoroughly squeeze moisture from shredded cucumber.

Mix into yoghurt.

Add more salt to taste (about 1 tsp.)

From Vivien (a Tuesday member)

CHILLED BEET SOUP WITH CHIVES

1 1/2 tsp. olive oil
3 med. carrots, peeled, chopped
1 bunch beets, cut into fourths, tops reserved for another use
1 onion, finely chopped
1 1/2 tbsp. balsamic vinegar
1 tbsp. sugar
2 cups buttermilk
Chopped fresh chives

www.stonegardensfarm.com

Feel free to contact us with your questions at stonegds@comcast.net



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
203-929-2003 · stonegds@comcast.net

Heat oil in large non stick skillet over low heat. Add carrots, beets and onion. Cover; cook until vegetables are just tender, stirring occasionally, about 20 minutes. Add vinegar, cover and cook until vegetables are very tender, about 10 minutes longer.

Working in batches, add sugar and carrot mixture to blender or food processor. Puree. Transfer to large bowl. Mix in buttermilk. Season with salt and pepper, chill until cold, about 3 hours. (Can be made 2 days ahead. Cover; keep chilled.) Top with chives.

Julia's note: I have an immersible blender, it's a GREAT soup tool: just blend the soup right in the pan. I highly recommend this kitchen gadget.

Adapted from *Bon Appétit*, June 1996

www.stonegardensfarm.com

Feel free to contact us with your questions at stonegds@comcast.net