



BROWN BAG LUNCH IN THE GARDEN

July 15, 2011—Summer Squash

This Week's Recipe:

Chilled Curried Yellow Squash Soup with Cilantro-Lime Puree

- 5 Tbl olive oil
- 1 1/2 lbs. yellow summer squash, chopped
- 1 medium onion, chopped
- 1 Tbl. Ginger, minced
- 3 garlic cloves, minced
- 2 tsp. curry powder
- 6 c. vegetable broth
- 1 medium potato (8 oz), peeled and diced
- Salt
- 1/2 c. fresh cilantro leaves
- 1 Tbl fresh lime juice

Heat 2 Tbl oil in a pan over medium-high heat, until shimmering. Add squash and onion and cook, stirring, until golden brown, 8-10 minutes. Stir in the ginger, garlic, and curry powder, and cook just until fragrant, about 1 minute. Add the broth, potato, and salt to taste and bring to a boil. Reduce heat to medium-low and simmer until potato is tender, about 25 minutes.

Puree the soup in batches in a blender until very smooth. Adjust seasonings. Refrigerate until well-chilled.

Puree the cilantro, lime juice, and 3 Tbl. Oil in a blender until smooth. Add salt to taste.

Taste the soup and adjust seasonings, adding salt as needed. Ladle into bowls and drizzle with puree. Serve.

Harvesting & Storing

- Harvest at the size you want to eat.
- Harvest blossoms in the early morning and store in the refrigerator in a plastic bag.
- Store squash in refrigerator in plastic bag until ready to use.

Other Points of Interest in the Garden:

- The heat continues to take it's toll on things in the garden.
- We harvested carrots and beets this week.
- Check out the nyloned squash and melons!

Coming Next Week— Cucumbers/Long Beans

<http://thedemogarden.org>

July 15, 2011—Squash

Poached Squash Blossoms with Ricotta & Sage Butter

1 c. ricotta cheese
1/2 c. grated Parmesan cheese
1 lg. egg
1 Tbl. Minced parsley
1 Tbl. Flour
Salt and pepper
12 large squash blossoms
2 c. vegetable broth
4 Tbl. Unsalted butter
1 Tbl. Minced sage leaves

Combine cheeses, egg, parsley, flour, 1/2 tsp. salt, and pepper.

Rinse the squash blossoms and inspect for insects, shaking to remove insects and excess water. Trim and discard the green stem, but not the base of the blossoms. Spoon cheese mixture into each blossom. Press ends of blossom shut to enclose filling.

Bring the broth to a boil in a large sauté pan. Reduce heat and add blossoms in a single layer, twisting ends shut to enclose filling. Adjust heat so it simmers gently.

Cover the pan and cook, until the filling is set, about 7 minutes.

While blossoms are poaching, melt the butter in a skillet. Add sage and cook until fragrant. Keep butter warm.

Lift blossoms out of the pan with a slotted spoon and transfer to individual plates. Drizzle with warm butter and season with salt and pepper to taste.

Squash Blossom Quesadillas with Quick Tomato Salsa

2 medium tomatoes, chopped
2 Tbl minced cilantro
1 jalapeno, minced
1 Tbl lime juice
Salt
24 medium squash blossoms
2 Tbl Olive Oil
2 medium onions, finely chopped
Salt
8 8-inch flour tortillas
5 oz. queso fresco or farmer cheese, crumbled
1/4 c. sour cream

Combine tomatoes, cilantro, chile, lime juice, and salt to taste. Set aside.

Rinse the squash blossoms and inspect for insects, shaking to remove insects and excess water. Trim and discard the green stem and the tough bottom portion of each blossom, including the pistil in the blossom. Cut into thin strips.

Heat oil in skillet over medium heat, until shimmering. Add onions and cook until golden, about 8 minutes. Add squash blossoms and salt to taste, and cook until blossoms are just tender.

Lay 4 tortillas flat and sprinkle with cheese. Divide squash blossom mixture evenly among tortillas. Top with remaining tortillas.

Heat a skillet over medium heat. Add first quesadilla and cook, turning once, until tortillas are golden brown and cheese is melted, about 2 minutes. Repeat with remaining quesadillas.

Cut quesadillas into quarters. Spoon salsa into center of each quesadilla and top with sour cream. Serve.