



BROWN BAG LUNCH IN THE GARDEN

July 23, 2010—Tomatoes & Squash

This Week's Recipe:

Summer Squash & White Bean Sauté

- 1 Tbl olive oil
- 1 med. onion, halved and sliced
- 2 cloves garlic, minced
- 1 med. Zucchini, halved lengthwise and sliced
- 1 med. Yellow summer squash, halved lengthwise and sliced
- 1 Tbl chopped fresh oregano
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 can (15 oz) cannellini or Great Northern beans, rinsed
- 2 medium tomatoes, chopped
- 1 Tbl. Red-wine vinegar (or any vinegar)
- 1/3 c. finely grated Parmesan cheese

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until beginning to soften, about 3 minutes.

Add zucchini, summer squash, oregano, salt and pepper and stir to combine. Reduce heat to low, cover and cook, stirring once, until the vegetables are tender-crisp, 3 to 5 minutes.

Stir in beans, tomatoes and vinegar; increase heat to medium and cook, stirring, until heated through, about 2 minutes. Remove from the heat and stir in Parmesan.

Harvesting & Storing Squash & Tomatoes

- Harvest squash & zucchini at any size.
- Harvest tomatoes when at least showing some color
- Do not put tomatoes in the refrigerator! Ever!
- Squash & zucchini can be stored in refrigerator in a bag

Other Points of Interest in the Garden This Week:

- Beets & carrots got pulled out.
- The compost bins are no longer overflowing!
- 2 of our apples fell off.
- Raspberries are ripening, even though sickly.

Coming Next Week—Jalapeños

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Squash & Tomato Skillet

2-3 tomatoes - quartered and sliced
1 zucchini - sliced thin (like potato chips)
1 yellow squash - sliced thin (like potato chips)
1-2 tbsp olive oil
1/4 c finely shredded mozzarella
1/8 c finely shredded parmesan
1 tsp salt
1 tsp black or white pepper
Fresh basil leaves (7-8 leaves)
dash of parsley

In a large skillet, heat to medium temperature and add olive oil. Place the sliced squash and zucchini flat in the bottom of the pan (try not to stack more than 2 slices high - will not cook evenly if too thick), and sauté (flipping once halfway through) for 5 minutes or until tender-crisp. Add tomatoes and reduce heat to low, cover with lid and let cook for 2 minutes. Remove lid and add seasoning, cheese and fresh basil leaves, recover with lid and cook for 3-4 more minutes. Serve hot with entree. (Also - can make it a great salad by tossing with spinach, leaving veggies uncooked.)

Fried Squash Blossoms

Squash Blossoms
1 egg, beaten
1/2 to 1 c. flour
Spices, salt & pepper to taste
(or fry mix)

Pick squash blossoms early in the morning. Place in a plastic bag in the refrigerator. When ready to cook, gently wash if needed. Trim stems and remove pollen from flower.

Heat oil or butter in a fry pan on medium heat.

Dip flowers in egg, then dredge in flour. Fry until golden brown on both sides.