

FRESH PROSPECTS

Week 6 – July 24, 2008

This Week:

- Local Food Events
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Local Food Events

Our Daily Bread

Join the Bushwick CSA for an outdoor screening of *Our Daily Bread*, a documentary that examines the monumental spaces, surreal landscapes, and bizarre sounds that make up Europe's industrial food production system. Friday, July 25, 7:00 PM. Make the Road NY's courtyard, 301 Grove Street (L/M to Myrtle-Wyckoff). Free.

Green with Envy Tour of Brooklyn Community Gardens

(<http://flatbushgardener.blogspot.com/2008/07/green-with-envy-tour-of-brooklyn.html>) Explore our borough's serene pockets of lush urban space. Community gardens in Park Slope, Boerum Hill, Fort Greene, Clinton Hill, and Prospect Heights will be open to the public. Saturday, July 26, various gardens open at 10:00 AM. (718) 636-4273.

Serious Eats Meet-Up at the Redhook Ball Fields

After weeks of delays, Brooklyn's "soccer tacos" are back. In support of the Redhook Latino food vendors (many of whom have had to invest thousands of dollars in equipment upgrades to meet city health codes) Serious Eat's Ed Levine will lead a foodie expedition to sample the ball fields' excellent pupusas, ceviche, horchata, and more. Sunday, July 27. Meet at 12:30 PM at the southeast corner of Bay and Clinton Streets. (<http://newyork.serious eats.com/2008/07/serious-eats-meet-up-red-hook-vendors-ball-fields-brooklyn-nyc.html>)

Ice Cream in the 'Hood

Perhaps the only good thing that can be said of scorching summer heat is that it gives us free rein to eat lots of ice cream. Boerum Hill's Blue Marble has been serving up scoops in the neighborhood since opening a new location on Underhill Avenue in late May. Although the ice cream isn't produced within city limits, it's made by a fourth-generation artisan producer using organic milk from grass-fed cows and is served in biodegradable containers. 186 Underhill Avenue. Recommended flavors: Sweet and Tart Strawberry, Blackberry Cream, Stick o' Butter Pecan, Culture.

10 Things We Love About Zucchini

Zucchini proudly marches on in our veggie shares, and will continue to do so for the remainder of the summer. See our list of suggestions for creative uses that may just keep you from falling into a summer squash rut.

1. In a chilled soup pureed with yogurt or buttermilk
2. Braised in Thai coconut milk curry paste and served with quinoa
3. Folded into savory pancakes or fritters
4. Pickled with dill, vinegar, and a touch of sugar
5. As carpaccio: sliced paper thin and drizzled with lemon vinaigrette
6. Layered and baked in a gratin
7. Steamed and tossed with olive oil, chopped herbs, and feta cheese
8. Hollowed and stuffed with bread crumbs, cheese, or ground meat
9. Cut into coins and fried in copious amounts of butter
10. Windflower Farm style: Grated into chocolate chip studded quick breads or muffins

News from Farmer Ted

In this week's dispatch, Ted talks muses on wet clothes, noisy frogs, and offers up a garlicky zucchini recipe. He also advises on the green garlic we received in today's shares.

"I imagine that some of you are looking for new ways to use the zucchinis in your shares. Heidi, our field manager, frequently brings zucchini bread and zucchini muffins with chocolate chips to share with the farm staff during our mid-morning break. She must have a summer kitchen. For folks not wanting to over-heat the house with prolonged oven time, look below for a delicious recipe that can be prepared in 15 minutes.

Today's harvest took place in the pouring rain, and my crew was very good about it. They have learned how to dress for wet farm days, and most come with a change of clothes. The whole week has been wet, and during the few dry spells, it's been hot and humid. Cucumbers and zucchinis grow too fast, lettuces bolt... Puddles are filled with frogs, and tonight they have organized themselves into a noisy chorus.

This week's share consists of two sweet Italian peppers, a handful of flat, white onions, three cucumbers, three yellow or green zucchinis, a pound of Swiss chard, a head of lettuce, a mix of teenage lettuces, a green cabbage, and a green garlic bulb. The garlic won't keep long because it hasn't been cured, so use it soon. Peel off the out-most layer of skin and you'll find a bright white bulb underneath. We'll begin the process of harvesting and curing the garlic in our barn toward the end of this week. So far, bulb size appears to be fairly good.

Next week, we expect to send more lettuce heads, a salad mix, squashes, cucumbers, and sweet peppers, more green onions or scallions, possibly more garlic, and the first snap beans of the season. Sweet corn and tomatoes are just around the corner."

Parmesan-Crusted Zucchini

From Molly Katzen's *The Vegetable Dishes I Can't Live Without*

Yields 4 to 6 servings

1 tablespoon extra-virgin olive oil
2 teaspoons minced or crushed garlic
4 small zucchinis; salt, to taste
freshly ground black pepper, to taste
1 to 2 tablespoons fine bread crumbs (optional)
2 to 3 tablespoons grated parmesan cheese

Preheat the broiler. Place a medium-sized skillet over medium heat. After about a minute, add the olive oil and swirl to coat the pan. Turn down the heat, add the garlic, and sauté over medium-low heat for just a minute or two, being careful not to let the garlic brown.

Place the zucchini halves face down in the garlic butter and sprinkle lightly with salt and pepper. Sauté over medium-high heat for about 5 minutes, or until the zucchinis are just slightly tender when poked gently with a fork. Turn the zucchini over and sprinkle generously, first with bread crumbs, if desired, and then with Parmesan. You can also combine the bread crumbs and Parmesan, and sprinkle them on together as a single mixture, if you like. Any spilled topping can be left in the pan to melt into an additional, delicious crust. Cook for just a minute or two more, then transfer the skillet to the broiler.

Broil for 3 to 5 minutes, or until the cheese is melted and golden brown. Serve hot, and don't forget to scrape up the spilled, now-crispy Parmesan from the bottom of the pan.

UNTIL NEXT WEEK, we wish you all happy veggie eating...