



NV Ranch

CSA Share Notes

WEEK TWO

May 30, 2009

Hope you all are enjoying your produce. We are starting to see the beginnings of more types of veggies ready to harvest and this week you get your first summer squashes! Big leafy greens are still growing strong, so enjoy those salads until it's too hot for these crunchy goodies.

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THIS WEEK'S HARVEST

Each produce share this week contains the following items in quantities according to share size:

- Romaine Lettuce or Mixed Leaf Lettuce
- Spinach
- Green Onions
- Green Zucchini
- Yellow Crookneck Squash

HOW TO STORE YOUR HARVEST

- Rinse leafy greens in cool water and dry on a paper towel or in a salad spinner. Wrap leaves tightly in a plastic bag and store in the crisper drawer of your refrigerator. If greens get slightly wilted, put them in a sink full of cold water for about 30 minutes to bring them back to their crispy selves. Greens should keep for several days.

- Store green onions in a plastic bag in the crisper drawer away from any odor-sensitive foods (like mushrooms) which may absorb the smell of the onions. Green onions should keep around 5 days. Both the green tops and the small white bulbs are edible, either fresh or grilled.

- Summer squashes should be stored in a dry plastic bag in the crisper drawer of the refrigerator. Do not wash them until you are ready to prepare (those droplets can cause them to spoil quicker even in the fridge). They should store for up to a week in the fridge but are at their best if used within 3 to 5 days

ABOUT ZUCCHINI

Our featured veggie this week is green Zucchini. Most people are familiar with this summer squash which can be dark green, light green or yellow, but most don't know that it's technically a young fruit. Zucchini can be steamed, boiled, grilled, sautéed, fried, or baked and the young blossoms are excellent for stuffing and using in soups.

GRILLED ZUCCHINI

Simple, flavorful and easy to make, grilled zucchini is the perfect compliment to any barbecued fare.

1 zucchini
¼ C Italian dressing
Salt, pepper & parmesan to taste (optional)

Slice the zucchini into ¼ inch-thick rounds or slice lengthwise into four sections and then cut the sections in half making several small spears. Toss in a bowl with the salad dressing. Place on a hot grill and grill about 5 minutes (turning once if cut into wedges). You should have nice sear marks on the zucchini and it will be slightly limp. Remove from grill, season with salt, pepper and parmesan immediately (if you choose) and serve.

WHAT'S GROWING NOW?

All the different varieties of beans are coming up nicely and the tomato and pepper plants are looking great! We also will have a variety of fresh herbs for you in your shares soon. The corn is popping up in rows all over and the earliest ones we planted are about 18 inches tall. Won't be long before they take off like weeds (which are growing just fine too, thank you very much) and we'll be tasting a bit of summer.

Have a great week!