

# In The Kitchen



Summer Share – Share Week 6 | August 17<sup>th</sup>, 2021

## Asparagus

UC157F2 Green and Sweet Purple

*Hopefully all members will experience another week of our **asparagus**. Harvesting late summer vs spring time has its pros and cons. Please let us know your feedback in terms of quality and flavor.*

*As before ... store loosely wrapped in a damp paper towel in the crisper drawer of the fridge. To prepare, trim any woody parts off the end of the stems.*

## Blueberries/Peaches

Non-OG Blueberries - Elliott variety – via The Blueberry Patch in Mansfield, Ohio  
OR Non-OG Peaches - Red Haven – via local Amish farmer/neighbor

*Fresh **berries** are highly perishable and should be handled with care. They are best eaten right away. Store them uncovered in the coldest part of the fridge. Do not wash them until ready to use. Berries are great cooked in pies and muffins, or added to smoothies or fruit salads.*

*Fresh **peaches**, like most fruits, are highly perishable and should be handled with care. They are best eaten right away. Store them uncovered in the coldest part of the fridge. Do not wash them until ready to use. Berries are great cooked in pies and muffins, or added to smoothies or fruit salads.*

## Corn

Allure or Golden Bantam

***Corn** is best eaten right away or stored w/husks on in a paper bag in the fridge. Remove husks and silk just before eating. Grill, steam or boil corn on the cob. Grill it up, add kernels to salads, salsas, soups or chowders. To freeze kernels: blanch, chill in a single layer, then freeze in a reusable container.*

## Eggplant

Black Beauty & Ping Tung Heirloom

***Eggplants** can be touchy and have a short shelve/storage life. They prefer a cool, dry place and will keep for approx. 1 or 2 days. If you don't intend to eat the eggplant within 2 days, it should be cut and placed in a reusable container or perforated plastic bag, wrapped in a paper towel and kept in the crisper section of your refrigerator for use within 5 - 7 days. Eggplant may also be blanched or steamed then frozen for up to six months.*

## Herb Bundles

Cilantro, chives, oregano, parsley, rosemary and thyme

***Cilantro, chives, and parsley** can be wrapped in a moist, damp paper towel then refrigerated or kept in a glass of water standing up on your counter.*

***Oregano, rosemary and thyme** are hardier-woody types and store best when placed in a single layer on a slightly damp paper towel, loosely rolled up and placed in a resealable plastic bag or plastic wrap in your refrigerator. As with other hardy type herbs, both can last up to 1 to 2 weeks this way. Freeze all herbs for longer storage life.*

## Peppers

California Wonders, Oranos and Sweet Banana

*Store fresh, whole, sweet or hot **peppers** in a reusable container in the fridge. Wash just before using. The seeds and ribs inside hot peppers are what give them their fiery spice. Wash hands thoroughly, or use gloves when preparing hot peppers.*

## Tomatoes

**Heirloom & Specialty Cherry:** Artisan Bumble Bee, Artisan Blush, White Cherry, Black Krim, Cherokee Purple, Green Zebra, Japanese Trifele Black

*We harvest our **tomatoes** in two distinct stages; just ripe and almost ripe. Tomatoes will continue to ripen off of the vine, so keep an eye on them when in almost ripe stage. Store stem-side down on the counter, never in the fridge, as they will turn mealy. You find heirloom and cherry tomatoes come in a variety of shapes, colors, textures and flavors. From the smokey bold flavor of the Black Krim to the perfect mix of sweet-tart found in Green Zebra. When cooking, know that salt enhances a tomato's sweetness and acidity. Enjoy!*

## Winter Squash

Tivoli Hybrid Spaghetti

*Winter **squashes** are kept best at around 50 degrees, meaning they often store better on your counter top than they do in the fridge. Refrigeration can make them rubbery or limp and wilted.*

# Spaghetti Squash, Peaches, & Heirloom Tomatoes!

## How to cook Spaghetti Squash

By Minimalist Baker

### Ingredients

- 1 large spaghetti squash (or 2 small)
- 1 Tbsp oil
- 1 pinch sea salt



### Instructions

1. Preheat oven to 400 degrees F (204 C) and line a large rimmed baking sheet or baking dish with parchment paper or foil.
2. Carefully halve spaghetti squash lengthwise using a sharp knife. I find the best way to do this is inserting the very tip of a very sharp large knife into the side of the squash (lengthwise) and push it all the way through to the other side. Then rock the knife back and forth to cut one half all the way through, then repeat on the other side.
3. Use an ice cream scoop (or sharp spoon) to scrape out the seeds and most of the stringy parts.
4. Brush the interior with oil and sprinkle with a little salt. Place cut-side down on baking sheet. Roast for 45 minutes, or until a knife easily pierces the skin and flesh. Remove from oven and set aside.
5. Once slightly cool, flip squash flesh-side up and use a fork to scrape out the strings.

**Note:** For a more moist squash, omit the oil and instead add just enough water to cover the bottom of your baking sheet or baking dish and bake at 400 degrees F (204 C) until a knife easily pierces the exterior – about 35-45 minutes.

## We love Feedback!

Let us know what you think about our varieties. Feel free to share any of your questions, concerns, or just over all positives and favorite recipes you may have after receiving and using your share of this week's harvest.

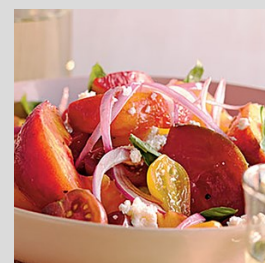
As always, THANK YOU for choosing Tillow Acres Farm as your farm!

## Summer Peach & Tomato Salad

Serves 4 - 6

### Ingredients

- ¼ cup thinly vertically sliced red onion
- ½ pound ripe peaches, pitted and cut into wedges
- ¼ pound heirloom beefsteak-type tomatoes, cut into thick wedges
- ¼ pound heirloom cherry or pear tomatoes, halved
- 2 T sherry vinegar or white balsamic vinegar
- 1 T extra-virgin olive oil
- 1 T honey
- ⅛ t salt
- ⅛ t freshly ground black pepper
- ¼ cup (1 ounce) crumbled feta cheese
- 2 T small basil leaves or torn basil



### Instructions

**Step 1** Combine first 4 ingredients in a large bowl.

**Step 2** Combine vinegar, olive oil, honey, salt, and pepper in a small bowl, stirring with a whisk. Drizzle vinegar mixture over peach mixture; toss well to coat. Sprinkle with cheese and basil.

## Grilled Ratatouille Pasta Salad

Serves 4

### Ingredients

- 2 medium zucchini, halved lengthwise
- 1 medium or 2 small eggplants, cut into 1" wedges
- ¼ cup extra-virgin olive oil, divided
- 2½ tsp. kosher salt, divided
- 1 tsp. freshly ground black pepper, divided
- 6 oz. penne or casarecce pasta
- 2 large or 3 medium heirloom tomato, cut into 1" pieces
- 8 oz. Ciliegini (mini fresh mozzarella balls), drained, halved
- 3 T white balsamic vinegar
- 1 T capers
- 2 T fresh thyme leaves
- 1 cup basil leaves

### Instructions

- Prepare a grill for medium heat. Toss zucchini, eggplant, and ¼ cup oil on a rimmed baking sheet; season with 1 t. salt and ½ t. pepper. Grill, turning often, until steamy, tender, and charred all over, 8–12 minutes. Return to baking sheet and let cool.
- Cook pasta according to package directions.
- Slice grilled vegetables into bite-size pieces and transfer to a large bowl. Add tomato, cheese, vinegar, capers, thyme, and 1½ t. salt, ½ t. pepper, and ½ cup oil and mix to combine. Drain pasta and immediately add to bowl with vegetables. Mix well to combine, then top with basil.

**Do Ahead:** Vegetables can be grilled 3 days ahead. Transfer (whole) to an airtight container and chill.

