

Squash Blossoms!

2017 CSA

Spring

June 30th

Planet Earth Diversified

- Squash Blossoms
- Pineapple Sage
- Thai Basil Flowers
- Chervil
- Cucumber
- Micro Color Mix
- Field Salad Mix
- Field Arugula
- Pea Shoots
- Tomatoes

New season for CSA farm shares starts next week! Sign up is possible in person at either our Tuesday or Saturday market, online via CSA form, or form mailed direct. Now a look into the interesting ways your squash blossoms can be utilized: A friend of mine from Mexico uses a simple egg batter to dip them in and then pan fries them to a light brown.



Gratitude for photo to Rebecca Stewart

We like to eat them as a desert, stuffed with a sweet cream. One recipe that came to the forefront was where ricotta and parmesan cheese with herbs was used as stuffing and the batter was simple, of flour and soda water. Emily Ho, on thekitchn.com, compiled these recipe ideas: (Thank you!)

Fried: From Mexico to Italy, frying is one of the most popular ways to prepare squash blossoms. Simply batter and fry them or stuff them first. Cheeses (ricotta, fresh mozzarella, goat cheese) and herbs (basil, thyme, and parsley) make good fillings. Try adding lemon zest to the cheese or season the crispy fried blossoms with a squeeze of lemon juice and sprinkling of coarse salt.

- Recipe inspiration: [Fried Squash Blossoms](#), from The Kitchen

Baked: If deep frying turns you off, or you just want to try something different, you could stuff the blossoms with cheese – savory or sweet – and then bake them in the oven. Steaming is another healthy option.

- Recipe inspiration: [Waldy Malouf's Baked Squash Blossoms with Ricotta and Honey](#), from New York magazine

Pasta: We sometimes gently tear or make a [chiffonade](#) of squash blossoms to serve over pasta, risotto, or salad. The blossoms can also be cooked into a pasta sauce. This is one of our favorite recipes.

- Recipe inspiration: [Pappardelle with Zucchini Blossom Sauce](#), from Orangette

Quesadilla: Squash blossoms are abundant in Mexico, where they are known as *flores de calabaza*. There's something very satisfying about the combination of the mildly sweet, squash-y blossoms with creamy cheese.

- Recipe inspiration: [Squash Blossom Quesadillas](#), from Homesick Texan

Soup: How about a fresh, summery soup with squash blossoms?

- Recipe inspiration: [Golden Squash Blossom Crema](#), from Rick Bayless



Gratitude for frittata inspiration and photo to Patti Rowe



Tempura Fried Squash Blossoms prepared by Thai Cuisine and Noodle House