

*Remember, you can sign up for a share anytime!*

2016 CSA

Summer

July 23<sup>rd</sup>

Planet Earth Diversified

- **Field Arugula**
- **Mixed Field Greens**
- **Chard**
- **Squash Blossoms**
- **Onion bunch**
- **Garlic**
- **Peppers**
- **Eggplant**
- **Thai Basil**
- **Yellow Squash**
- **Gold Zucchini**
- **Potatoes**
- **Tomatoes**
- **Gourmet Cucumber**

A friend of mine turned me on to a new quick way to make fresh tomato sauce: use a food grater! I had not heard of this and an online search returned many results;



Images courtesy of Food and Wine

the inspiration for the following recipe for a grain-free spaghetti dinner comes from a combination of input from Little Things and Food & Wine. For the sauce, cut the tomatoes horizontally in half and grate them into a bowl, thus removing the skin from the equation. Some recipes suggest using this raw, and certainly you can, but we liked it better by sautéing the garlic and onion first and then adding the freshly grated tomato for a few minutes at the end to marry the flavors. For the grain-free spaghetti, substitute zucchini that has been made into strips with a peeler. This is consumed raw.

(There is a video of this technique at Little Things.) Three augmentations that can enhance this basic outline: use your arugula torn over top the zucchini, under the hot sauce to just wilt it into the dish; tear the squash blossoms into strips over the top; grill, roast or sauté the eggplant to add a new dimension to the dish.

For a chilled infused salad, cut onion, cucumber and tomato into a bowl, dress with vinegar and steep in the refrigerator until cold. This can be used on top of your greens or can stand alone as a side.

To your health and your pleasure! Enjoy ☺