



Weekly News and Recipes

Fall is certainly in the air! Our crops have pulled out of the June weather challenges and we are eagerly anticipating the upcoming harvest festival on Saturday October 2nd from 10-4. Come on out to your farm with your family and friends. You will be able to enjoy a pumpkin patch, hayrides, face painting and kid's crafts, a scavenger hunt, PCC Cooks chef demon-

stration with samples at 1pm and live music all day. A harvest fest **wouldn't be the same without cider and corn on the cob, so we'll have those as well.** This week you are getting the first of our Japanese eggplant. The secret to cooking eggplant in a stir-fry or curry/soup is to first slice the eggplant lengthwise and soak it in

saltwater for at least 10 minutes. Remember to rinse the eggplant to get rid of the excess salt. This keeps the eggplant from soaking up all the oil like a sponge and burning, or turning excessively soggy. This tip was taught to me by Mayumi Oda, a Japanese artist who operates Ginger Hill farm and retreat center in Hawaii.
- Amy

Baba Ganoush (Roasted Eggplant Spread)

- 1 lb eggplant
- 1/4 cup lemon juice
- 1/4 cup tahini
- 2 tablespoons sesame seeds
- 2 cloves garlic, minced
- salt and pepper to taste
- 1 1/2 tablespoons olive oil

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking

sheet. Place eggplant on baking sheet, and make holes in the skin with a fork. Roast it for 30 to 40 minutes, turning occasionally, or until soft. Remove from oven, and place into a large bowl of cold water. Remove from water, and peel skin off. Place eggplant, lemon juice, tahini, sesame seeds, and garlic in an electric blender, and

puree. Season with salt and pepper to taste. Transfer eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil. Refrigerate for 3 hours before serving. Serve with toasted pita triangles and raw veggies.

Baby Bok Choy with Cashews

- 2 Tbsp olive oil
- 1 cup chopped green onions, including green ends
- 3 cloves garlic, chopped
- 1 pound baby bok choy, rinsed, larger leaves separated from base, base trimmed but still present, holding the smaller leaves together
- 1/2 teaspoon dark sesame oil

Salt
1/2 cup chopped, roasted, salted cashews

Heat olive oil in a large sauté pan on medium high heat. Add onions, then garlic, then bok choy. Sprinkle with sesame oil and salt. Cover, and let the baby bok choy cook down

for approximately 3 minutes. (Like spinach, when cooked, the bok choy will wilt a bit. Remove cover. Lower heat to low. Stir and let cook for a minute or two longer, until the bok choy is just cooked. Gently mix in cashews. Serves 4.

Roasted Beets with Curry Dressing

- 6 medium beets roasted
- Olive oil
- Salt
- 2 cloves garlic crushed
- 2 Tbl yogurt
- 2 Tbl Mayo (regular or vegan)
- 4 tsp curry powder
- 3 Tbl fresh lemon juice
- 10 tbl olive oil
- 4 Tbl chopped cutting celery or cilantro

Preheat oven to 375. Wash, trim and wrap beets individually in foil. Place in a shallow pan and roast until tender. A sharp kitchen paring knife should pierce through the foil easily. Set aside to cool. Mix dressing by combining all ingredients except oil. When all ingredients are smooth, whisk in the oil and set aside. Many people don't prepare fresh beets because of the staining juices. Wearing latex or vinyl gloves will protect

your hands and preparing on a covered surface will protect your cutting board. I often roast beets without wrapping and use them skin included. However, this is an alternative method. Whatever method you use, it is well worth the effort! Unwrap the beets, and rub away skin. Slice into wedges and set into your dish. Spoon curry over the beets and serve at room temperature.

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In This Week's Share:	
Gold Beets	1 bu
Summer Squash	1 bu
Baby Bok Choy	1 lb
White Turnips	1 bu
Broccoli	1 lb
Rainbow Chard	1 bu
Japanese Eggplant	1 lb
Sungold Cherry Tomatoes	1 pt
Cranberry Beans	1 1/2 lb