



# THE SEEDPOD STANDARD

CSA NEWSLETTER

7.19.15



*"Agriculture is the most helpful, the most useful and most noble employment of man."*  
*George Washington*

## A NOTE FROM SEEDPOD FARM

Dear Partners,

It seems that the Veg Patch is hitting its stride now that the combination of warm days- and well water are in the proper proportions. This is the time when you need to watch the zucchini plants like a hawk as they grow so quickly. It seems in recent years that we've come to expect our zucchini to be "ideal" at 6 inches or so. Indeed they are very tender at that point- and a perfect addition to a stir fry. However, once they get past that stage, we need not grind them up for zucchini bread. There are other options!

This week's recipe makes use of a larger zucchini. It was one of my favorites growing up- and a great use of those larger zucchs! Of course, you could always grate it up and put it in the freezer for a loaf of zucchini bread. I would urge you to try something a bit different first. Enjoy!

Warm Regards,

*The Gulletts*

*The Likely Line-Up:*    **French Breakfast Radishes**    **Wild Garden Lettuce**  
**Nero Kale**    **White Russian Kale**    **Apollo Brokali**    **Transparent Apples**  
**Black Beauty Zucchini**    **Herb Bundle**    .... & more

# HARVEST HIGHLIGHT



## Black Beauty Zucchini:

(*Cucurbita pepo*) This is the standard summer squash, that has been prevalent in the U.S. since the 1920s. Growing on compact, everbearing, bushy plants, Black Beauty is typically loaded with glossy green-black fruits with firm white flesh. Best eaten when under 8" long, however, if left on the vine longer, will grow to up to 2ft or more.

***FOR YOUR INFORMATION-*** This last week I had a few questions about the best way to store your veg throughout the week. According to the website wastefood.com, Americans waste 40% of the food we purchase. That comes to a total of \$100 billion per year! It's also reprehensible given the food insecurity for many in our nation- as well as the world. Without getting on the soap box too much, I thought I'd give a few tips to ensure that your food is being properly stored and thus not wasted. A little extra time will save a dime ☺ (or at least your share of \$100billion). Here are a few tips you may find useful

- **Herb Bundle-** As with flowers, trim off the bottom ½" or so and place in a glass of water. Remove any leaves that are in the water and use promptly. Change water daily. Store on your counter.
- **Potatoes-** Store in the fridge- away from sunlight. Trim off any green spots before using as these contain a mild poison.
- **Onions-** Store in a well ventilated area of the pantry away from potatoes which will encourage sprouting.
- **Tomatoes-** Store on the counter, stem side down. If any spots develop, use promptly. Tomatoes will ripen further on the counter if the blossom end is slightly pink when picked.
- **Peppers, Zucchini, Eggplant-** Store in the vegetable bin of the fridge. To lengthen pepper life, remove seeds and membrane once the pepper is sliced.
- **Greens-** Place in a plastic closable bag with a paper towel to wick away moisture. When ready to use, place greens in water up to 20min before use to recharge the leaves. Spin dry.



## *Crispy Fried Zucchini* *From the Seedpod Farm Kitchen*

Slice a larger zucchini into  $\frac{3}{4}$  inch slices. Pat these rounds dry and set aside. Beat 2 eggs and 1T of milk together in a pie plate. In another pie plate, place 1  $\frac{1}{2}$  c flour along with 2t kosher salt and 1t cracked black pepper. Mix well. In a third pie plate place 3c panko or corn cereal crumbs. Over medium heat add 4T of canola oil in a nonstick skillet. Take zucchini rounds, dip in egg, dredge in flour, dip in egg and then coat with panko. Fry in batches turning zucchini when the panko is golden brown and crispy. Drain on a paper towel and then serve immediately with a dash of kosher salt. Enjoy!!!