

# North Creek Community Farm NEWSLETTER

Week Six Tuesday & Thursday  
July 17

## IN THE BAG:

Carrots  
Basil  
Eggplants  
Chard  
Summer squash  
Cucumbers  
Garlic  
Green beans  
Potatoes  
Garlic  
Lettuce Mix

## Garlic Harvest Success

Thanks everyone who helped make the Garlic Harvest a success. We got most of the garlic harvested and enjoyed a wonderful meal. I love seeing people enjoy the farm and experience working together for a common goal.

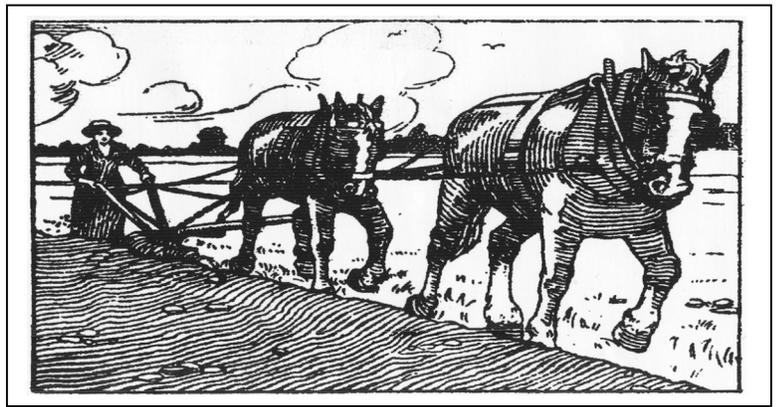
## Zucchini Pasta with Ricotta

Ricotta makes this pasta rich and delicious. Use any extra in place of cream cheese on toast or as a substitute for cottage cheese anytime.

- 2 Tbls. olive oil
- 2 pounds zucchini, thinly sliced lengthwise
- Diced onions caramelized
- Coarse salt and ground pepper
- 1 pound linguine
- Finely grated zest of 1 lemon
- 1/2 cup ricotta

## Directions

1. Preheat oven to 450. Brush two rimmed baking sheets with oil. Arrange zucchini in a single layer on sheets and brush tops with oil; season with salt and pepper. Roast zucchini until tender and lightly golden in parts, 25 to 30 minutes, rotating sheets halfway through.
2. Caramelize onions by cooking slowly in about a tablespoon of olive oil.
3. Meanwhile, in a large pot of boiling salted water, cook linguine according to package instructions. Drain pasta and return to pot. Add oil, lemon zest, onions and zucchini and toss to combine. Serve



## About the vegetables:

I love eggplants but for some people its not their favorite. I encourage you to try them again with a new recipe. They take in a lot of oil so try cooking them with a little water and covering them instead of adding more and more oil. Feels as if we are moving into the height of the summer with potatoes and cucumbers. The heat is beginning to bake the ground but some rain is sure to come along.

## 16 Facts About Eggplant (Aubergine)

Eggplant is native to southern India and Sri Lanka. It is part of the nightshade (Solanaceae) family, which also includes tomatoes, potatoes, and chili peppers. Like all other edible members of the nightshade family, the eggplant is a fruit. Tobacco is also a member of the nightshade family. Like tobacco, eggplant and other nightshade plants contain nicotine, though to a lesser extent than tobacco. Many people are sensitive or allergic to properties in eggplant and other nightshades. Eggplant and other members of the nightshade family may worsen the symptoms of arthritis. According to a 5th century Chinese scroll, fashionable Chinese women used to make a dye out of the skin of purple eggplants and polish their teeth with it until they were a shiny gray. An eggplant is almost 95% water. It is called "eggplant" in the United States, Canada, and Australia because the first eggplants in those countries were purely ornamental and featured egg-shaped white and yellow fruit. Today this variety of eggplant is called "White Egg. In Britain, it is called "aubergine," the same as in French. In South African English and in Indian, it is called "brinjal. The Italians call it "melanzane," which means "crazy apple."The act of salting and rinsing eggplant to reduce bitterness is called "degorging." An old practice, it is not as necessary these days because modern eggplants are less bitter. Salting eggplant will reduce the amount of oil absorbed in cooking. China is the top eggplant producer in the world.India, Egypt, Turkey, and Japan are also top world producers. The United States ranks 20th in eggplant production.

# Eggplant and Smoked-Gouda Open-Faced Grilled Sandwiches

This got rave reviews on line. Sorry there aren't tomatoes yet. There will be more eggplants when the tomatoes are ready.

Gourmet | May 2006

The components of these sandwiches are relatively straightforward, but the results are a revelation. And with gooey melted cheese, tender slabs of eggplant, and a bright tomato-parsley salsa, they're a wonderful main course option for vegetarians and meat eaters alike.

Yield: Makes 4 light main-course servings

Active Time: 1 1/4 hr

Total Time: 1 1/4 hr

## ingredients

1 lb tomatoes, finely chopped (2 1/2 cups)  
1/4 cup finely chopped fresh flat-leaf parsley  
1/2 cup plus 2 tablespoons extra-virgin olive oil  
1 tablespoon white-wine vinegar  
1/2 teaspoon black pepper  
3/4 teaspoons salt  
1 (8-oz) piece smoked cheese such as Gouda, mozzarella, or scamorza  
4 (3/4-inch-thick) slices country-style bread (from an 8-inch round loaf)  
2 (1-lb) eggplants

## preparation

Prepare grill for cooking over direct heat with medium-hot charcoal (moderate heat for gas); see Grilling Procedure. While grill is heating, stir together tomatoes, parsley, 2 tablespoons oil, vinegar, pepper, and 3/4 teaspoon salt in a medium bowl.

With a cheese plane or vegetable peeler, shave half of cheese into thin slices (if using mozzarella, thinly slice half of it with a knife) and cover slices with plastic wrap, reserving remaining piece for another use. Brush bread on both sides with 1 tablespoon oil per slice.

Trim off top and bottom of each eggplant, then cut 2 (1-inch-thick) slices lengthwise from center of each eggplant, discarding remainder. Brush cut sides with 3 tablespoons oil (total) and sprinkle with remaining 1/2 teaspoon salt. Lightly oil grill rack, then grill eggplant slices (covered only if using a gas grill), loosening with a metal spatula and turning occasionally to avoid overbrowning, until very tender, 8 to 10 minutes. While eggplant is grilling, grill bread, turning over once, until grill marks form, 1 to 2 minutes total, and transfer to a large platter.

Transfer eggplant to platter, then top evenly with sliced cheese and return to grill and cook, covered for charcoal or gas, without turning, until cheese begins to melt, about 1 minute. Transfer eggplant with spatula to platter.

Transfer grilled bread to 4 plates and spoon tomato mixture on top. Drizzle evenly with remaining tablespoon oil and top with eggplant. Season with pepper to taste.

### **Cooks' notes:**

· If you can't grill outdoors, bread and eggplant can be cooked in 2 batches on a lightly oiled well-seasoned large (2-burner) ridged grill pan over moderate heat. Grill eggplant, turning occasionally, 10 to 13 minutes, then top with cheese. Transfer eggplant to a large baking sheet and broil about 3 inches from preheated broiler until cheese is just melted, about 1 minute. · Tomato mixture can be made 30 minutes ahead and kept at room temperature.