

# Four Friends' CSA News

## The Bean Pole



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2008 Season

Issue No.30

### Dear Shareholders and Friends,

Today's harvest contains: onions, carrots, tomatoes, eggplant, green beans, sweet peppers, and Chinese cabbage. A choice of Genovese basil or sage, and lettuce are available this week for the full shares only.

Here's a great Summer vegetable salad recipe from The Moosewood Cookbook, by Mollie Katzen, Ten Speed Press/P.O. Box 7123/ Berkeley, CA 94707. Copyright 1977.

### "Macedonian Salad"

2 small eggplants	<u>marinade:</u>
2 medium tomatoes	2 cloves crushed garlic
2 scallions	2 tbsp. dry red wine
1 cucumber	juice from 1 lemon
1 green pepper	¼ cup of olive oil
1 sweet red pepper	¼ cup of safflower oil
Chopped parsley	½ cup of wine vinegar
Yogurt for the top	salt to taste
	black pepper
	1 tsp. basil/ ½ tsp. oregano,
	thyme

1. Slice,\* peel and lightly salt the eggplant. Let stand 10 minutes. Broil on an oiled tray until brown on both sides. Don't overcook. Don't undercook. Slices should be just tender enough so a fork can slide in.
2. Prepare marinade. Chop the still warm eggplant into bite-sized chunks. Cover with marinade and let it absorb as it cools. Chill marinating eggplant 2 hours.
3. Just before serving, cut the other vegetables into small chunks. Toss with the eggplant. Serve on greens, topped with yogurt.

\*1/2 inch slices"

Try substituting a small thinly sliced onion for the scallions if you prefer.

## VEGGIE OF THE WEEK: EGGPLANT

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### **Eggplant Belongs to the Nightshade Family**

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Eggplant is one of the vegetables in the nightshade (Solanaceae) family, which includes bell pepper, tomatoes and potatoes. Anecdotal case histories link improvement in arthritis symptoms with removal of these foods; however, no case-controlled scientific studies confirm these observations.

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### **Nutritional Profile**

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Eggplant is a very good source of dietary fiber, potassium, manganese, copper and thiamin (vitamin B1). It is also a good source of vitamin B6, folate, magnesium and niacin. Eggplant also contains phytonutrients such as nasunin and chlorogenic acid.

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### **A Few Quick Serving Ideas**

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For homemade babaganoush, purée roasted eggplant, garlic, tahini, lemon juice and olive oil. Use it as a dip for vegetables or as a sandwich filling.

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Mix cubed baked eggplant with grilled peppers, lentils, onions and garlic and top with balsamic vinaigrette.

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Stuff miniature Japanese eggplants with a mixture of feta cheese, pine nuts and roasted peppers.

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Add eggplant to your next Indian curry stir-fry.

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**SAVE THE DATE!!** This Thursday, August 21st, **Southside Community Land Trust** will host **Green Drinks** at City Farm located on the corner of West Clifford and Dudley in South Providence from 5 to 8.

Every month people who work in the environmental field meet up for a beer at informal sessions known as Green Drinks.

We have a lively mixture of people from NGOs, academia, government and business. Come along and you'll be made welcome. Just say, "are you green?" and we will look after you and introduce you to whoever is there. It's a great way of catching up with people you know and also for making new contacts. Everyone invites someone else along, so there's always a different crowd, making Green Drinks an **organic, self-organising network**. These events are very simple and unstructured, but many people have found employment, made friends, developed new ideas, done deals and had moments of serendipity.