

Four Friends' CSA News

The Bean Pole

August 26, 2008

2008 Season

Issue No. 31

Dear Shareholders and Friends,

Gadzooks! Today's vegetable pickup is the **eleventh** out of twenty this season! Our partners are harvesting: Scallions, green beans, sweet peppers, Genovese basil, tomatoes, Summer squash, and watermelons for you.

"Zucchini-Feta Pancakes"

One usually thinks of a pancake supper as a generally starchy affair. However, the bulk of these lovely pancakes consists of eggs and zucchini- with just enough flour to bind them.

This makes enough to comfortably fill four average-sized persons.

About 30 minutes to prepare, before frying.

4 packed cups coarsely grated zucchini
4 eggs, separated
1 heaping cup of finely crumbled feta cheese
½ cup of minced scallions
¾ teaspoon of dried mint
Salt and black pepper
1/3 cup of flour

Butter for frying

Sour cream or yogurt for topping

Place the grated zucchini in a colander in a bowl, salt it lightly and let it stand 15 minutes. Rinse it, and squeeze out all excess water.

Combine squeezed zucchini, egg yolks, feta, scallions, flour and spices. Mix well

Beat the egg whites until they form soft peaks. Fold into first mixture.

Fry in butter, on both sides, until golden and crisp. Serve topped with sour cream or yogurt."

The Zucchini-Feta Pancake recipe is on page 146 of The Moosewood Cookbook, by Mollie Katzen. Ten Speed Press/ P.O Box 1123/ Berkeley, CA 94707. Copyright 1977.

VEGGIE OF THE WEEK: SUMMER SQUASH

The best way to store summer squash

Summer Squash is a delicate vegetable that stores well but will become soft if not stored properly. If you are not planning to use Summer Squash immediately after bringing it home from the market, be sure to store it properly as it can lose up to 30% of some of its vitamins as well as much of its flavor.

Summer Squash continues to respire (breathe) even after it has been harvested. Summer Squash kept in a dark cool place at a temperature of approximately 59°F (15°C) gives off carbon dioxide at a rate of 153 milligrams per kilogram every hour (for a Comparison of Respiration Rates for different vegetables, see page xxx). Slowing the respiration rate is important because it is directly related to how long you will be able to store your Summer Squash and how long it will remain fresh to preserve flavor and nutrition. The storage tips below describe the easiest ways to do this.

Summer Squash Will Remain Fresh for Up to 5 Days When Properly Stored

Proper storage is such an important step in preserving Summer Squash that I have included detailed information on how to keep it fresh:

1. Place Summer Squash in a plastic storage bag before refrigerating. I have found that it is best to wrap the bag tightly around the Summer Squash, squeezing out as much of the air from the bag as possible. Wrapping Summer Squash in a plastic bag will almost double its storage life by minimizing its contact with air. By properly storing Summer Squash, you will slow its rate of respiration and prevent the Squash from becoming soft. Plastic bags also help retain the internal moisture of Summer Squash and protect against the flavor loss that occurs when it loses as little as 5% of its water content. You don't have to use any special produce bags - the ones available free at your market will work fine. And don't worry about using plastic bags for the storage of produce because I have not found any research studies showing them to be unsafe.
 2. Store Summer Squash in the refrigerator. The colder temperatures will slow the rate of respiration, helping to preserve vitamins and keeping Summer Squash fresh for a longer period of time. It is best to store Summer Squash in the crisper section (33°F-40°F) where exposure to air flow will be limited.
 3. Do not wash Summer Squash before refrigeration because exposure to water will encourage your Summer Squash to spoil.
 4. Handle with Care: Please handle Summer Squash carefully to prevent bruising. Any kind of cell damage can degrade its vitamin content, especially vitamin C.
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Nutrients in Summer Squash, Cooked, Slices

