

# Farm Of Plenty Summer CSA

Week 8 – September 5, 2011



## FOP News

**2012 Shares** are now available! For details, please check our website - [www.farmofplenty.com](http://www.farmofplenty.com). Early Bird discounts are available from Labor Day until November 1<sup>st</sup>.

**Chickens:** If you haven't ordered your free-range, organically raised chickens yet, please log in to your Farmigo account to place and pay for your order (even if you pre-ordered in June). They really are fantastic!

**Labor Day Week Delivery Change:** A reminder to our Twin Cities members: Don't forget to pick up your share on Wednesday this week. Same time frame and location...just the day is different! We hope you've had a great holiday weekend.

### Italian Squash Casserole

- 1¾ lbs. zucchini or other summer squash
- ¼ cup minced onion
- 4 cloves garlic, pressed or minced
- 1 Tablespoon olive oil
- 2/3 cup chopped fresh basil
- 1/3 cup sour cream
- 2 eggs
- 1½ cup shredded Italian cheeses (Parmesan, fontina, mozzarella, etc.)
- Salt and pepper to taste
- 1 tsp sugar

Heat the oven to 375° F.

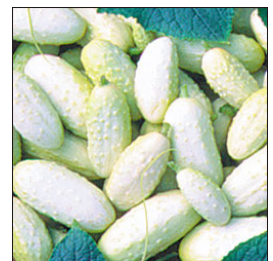
- 1) Run squash through a food processor, using the large blade or grate it.
- 2) Heat oil in a large skillet. Sauté the onion for 1-2 min, then add the squash. Season with salt and pepper to taste and cook for an additional 5-6 min.
- 3) Push squash toward the outside of the pan, add a trace of oil in the center, and sauté the garlic for 30 sec. Mix it all together, add the basil, mix again, and turn the heat off.
- 4) Transfer the squash mixture to a 2 qt casserole dish. Mix in one cup of cheese, sour cream, and sugar. Taste for seasoning.
- 5) Add the eggs and combine well. Scrape down the sides of the casserole dish. Sprinkle the other half cup of cheese on the top.
- 6) Bake for about 20 to 22 minutes, until cheese turns a golden brown

### This Week's Shares

Below is a list of veggies that you may receive this week:

Yellow Watermelon  
Cantaloupe  
Sweet Dumpling Winter Squash  
Summer Squash  
Potatoes  
Tomatoes  
Cabbage  
Sweet Corn  
Peppers  
Beets  
Carrots  
Cucumbers- Miniature White & Poona Kheera

These are softer cucumbers and can go from white to yellow to russet brown.



Poona Kheera & Miniature White Cukes



Sweet Dumpling Winter Squash

