

From the Garden Gate

Avalon Farm's Share of the Farm Program

August 23, 2010; Week 12 of 20



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A cool cooler makes for happy produce

Please leave ice packs in your coolers. Some coolers have been warmer than the air outside and that's very tough on the produce quality.

Bad cauliflower year

It's been a tough year for cauliflower. The wet and humid weather these last couple of weeks have caused bad spots in the heads so you won't see much cauliflower this year.

Soak the broccoli

We try to control bugs and crawly friends without sprays, however it's very challenging with some crops, especially broccoli which has many natural hiding spots.

Please soak them in heavily salted water for a few minutes and rinse before eating. The salt forces the crawlies out of their hiding spots.

Short refrigerator life produce

Sweet corn and broccoli are especially short refrigerator life products. Please try to use them quickly before they spoil.

Recipe - Eggplant, Tomato, and Mozzarella Salad

6 tablespoons extra-virgin olive oil
1 medium eggplant, cut crosswise into 1/4-inch-thick slices
Coarse salt and ground pepper
1 pound fresh mozzarella, sliced
1 pound sliced tomatoes
1/4 cup loosely packed fresh basil leaves, torn
2 tablespoons balsamic vinegar

1. Preheat oven to 400 degrees. Brush two rimmed baking sheets with 1 tablespoon extra-virgin olive

oil each. Arrange eggplant slices on sheets. Brush tops with 2 tablespoons oil and season with salt and pepper. Roast until eggplant is golden and tender, about 20 minutes. Let cool to room temperature.

2. On a serving platter, layer eggplant with sliced mozzarella and tomatoes. Top with basil leaves and drizzle with remaining 2 tablespoons oil and balsamic vinegar.

This salad also tastes great with grilled chicken added.

Recipe – Eggplant Focaccia

1 medium eggplant (1/2 pound), cut into 1/4-inch-thick slices
Coarse salt
All-purpose flour, for rolling
1 ball (1 pound) homemade or store-bought pizza dough
2 tablespoons fine cornmeal
6 tablespoons olive oil
1 cup shredded Emmentaler cheese (4 ounces) or other type of Swiss
2 tablespoons chopped fresh oregano

1. In a colander, toss eggplant with 1 1/2 teaspoons salt. Let stand 30 minutes. Press slices between a double layer of paper towels to dry and set aside.
2. Preheat oven to 400 degrees; place a rimless baking sheet or inverted rimmed baking sheet in

oven. On a floured surface, roll out dough to 1/2-inch thickness. Sprinkle cornmeal on another baking sheet or inverted rimmed baking sheet or lightweight wooden board; top with dough (you will transfer it onto the preheated sheet to cook).

3. Brush dough with 3 tablespoons oil and sprinkle with 1/2 cup cheese. Layer on eggplant; top with 3 tablespoons oil, oregano, and 1/2 cup cheese. Let stand 30 minutes. Give sheet a gentle shake to ensure dough isn't sticking.

4. Carefully remove baking sheet from oven and slide focaccia onto sheet. Return to oven and bake until bottom of focaccia is crispy and edges are golden, 20 minutes. Serve warm or at room temperature.

Recipe – Broccoli, Tomato, and Mozzarella Stromboli

1 (1-pound) bunch broccoli, florets only
1/2 Pizza Dough
All-purpose flour, for work surface
2 cloves garlic, minced
Coarse salt and freshly ground pepper
1 1/2 cups prepared marinara sauce
1 1/2 cups shredded, part-skim mozzarella (6 ounces)
2 ounces thinly sliced Genoa salami, chopped
1 tablespoon olive oil

1. Bring a medium-size pot of water to a boil. Prepare an ice-water bath; set aside. When water comes to a boil, salt generously and add broccoli. Cook for 2 minutes. Remove and transfer to ice-water bath until cool. Remove and pat dry. Chop into 1/4-inch pieces.

2. Preheat oven to 400 degrees. Line a large rimmed baking sheet with parchment paper. Divide dough into 4 pieces. On a lightly floured work surface, stretch out each piece, first to a 3-by-4-inch oval, then to a 6-by-8-inch oval (let dough rest briefly if too elastic to work with).

3. Dividing evenly, scatter broccoli over dough, leaving a 1/2-inch border. Sprinkle with garlic, and season with salt and pepper. Dividing evenly, top with mozzarella, salami, and 1/2 cup marinara.

4. Starting at the shorter end, roll up each stromboli, and place, seam side down, on baking sheet; brush with olive oil. Using the tip of a paring knife, cut two slits in the top of each. Bake until golden, 25 to 30 minutes. Serve stromboli with remaining cup of marinara for dipping.