

Here's what we got in the box:

- 1 large musk melon
- 3.5 lbs. of tomatoes
- 2 lbs. Romano beans
- 3 frying peppers
- 2 large onions
- 1 head of garlic
- 7 ears of corn
- one small eggplant

Recipes we'll prepare:

Romano beans braised with tomatoes

¼ cup olive oil

1 large onion, sliced

1 clove garlic, crushed

1 cup peeled, crushed ripe tomatoes, with their juices

Salt and freshly ground black pepper

1 1/2 - 2 pounds Romano beans (flat green beans), ends trimmed

water, broth or cider - about ½ cup

fresh herbs as available

Heat the oil in a deep skillet. Add the onion and garlic, and cook over medium heat, stirring occasionally, until vegetables barely begin to brown. Add the beans, and then top with the tomatoes and water. Cover, bring to a simmer, and cook over low heat for about 30 - 40 minutes, stirring and basting the beans with the juices.

Cilantro lime butter for corn on the cob

8 tablespoons (1 stick) unsalted butter, softened

2 tablespoons freshly squeezed lime juice - half a lime

grated zest of that lime

pinch of sugar

pinch of salt - or use salted butter

1/4 cup chopped cilantro leaves

Mix well in a small bowl and apply liberally to cooked corn.

Pepper and onion sauté

Onions, sliced pole to pole

Peppers, sliced into strips

Olive oil

Sauté onions and peppers in a skillet until tender

Uses: on top of scrambled eggs, in sandwiches, in pasta with sausage, on top of BBQ tofu.....

Sesame eggplant salad

1 pound eggplant
1 tsp. coarse salt
3/4 cup finely chopped onion
1 large clove of garlic, crushed or put through a press
2 TBLS tahini
2 TBLS hot water
2 TBLS lemon or lime juice
1/3 cup minced parsley

Peel the eggplant and cut it into small cubes. Place in a bowl and sprinkle with ½ the salt. Meanwhile, put the oil in deep skillet; add the onion, and sauté for about 5 minutes until translucent. Add the garlic, and then the eggplant, and continue to cook over medium heat until the eggplant is soft. Meanwhile, mix the tahini and water in a small bowl, and when smooth, pour over the eggplant. Cover and cook for 20 minutes until the eggplant is very tender, adding additional water as needed. Remove from the heat and stir in the lemon juice and parsley. Good at room temperature or cold, and makes a great stuffing for pita bread.

Recipes we'll talk about:

Corn tomato & edamame salad

Kernels cut from 2 ears of corn
1 pint grape or cherry tomatoes, halved OR 2 medium slicing tomatoes, cut into bite size chunks
8 oz. cooked edamame
2 tablespoons freshly squeezed lemon or lime juice OR white wine or rice vinegar
1 tablespoon olive oil
sugar or honey to taste
Salt and pepper

Place the corn kernels in a saucepan, and cover with water. Bring to a boil, and cook for about 5 minutes. Drain and rinse with cold water. Combine the corn, tomatoes, and edamame in a large bowl. Mix the lime juice and olive oil and toss with salad. Add salt, pepper, and sugar to taste.

Variation: use 1 cup cooked brown rice instead of edamame. Add a big handful of chopped parsley.

Charred Pepper Steak Sauce

Smitten Kitchen – <http://smittenkitchen.com/blog/2012/08/charred-pepper-steak-sauce/#more-8840>

Yield: 1 2/3 to 2 cups steak sauce. We would not have minded doubling this.

1 red bell pepper, small was suggested, I used a large and didn't regret it
2/3 cup canned or fresh tomato purée
1/4 cup orange juice
2 tablespoons Worcestershire sauce
2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 tablespoon molasses
3/4 teaspoon table salt or more to taste
1 teaspoon ground mustard
1/2 teaspoon ground ginger
1/4 teaspoon freshly ground black pepper
1/4 teaspoon onion powder
1/8 teaspoon ground allspice

Preheat your broiler. Place your pepper on a baking sheet and cook it under the broiler until all sides are charred, turning with tongs as needed. Don't skimp on the charring as this skin will add a fantastic flavor dimension. Mine took about 15 minutes, but I have a terrible broiler. Yours might only take 5 to 8 minutes. Transfer pepper to a mesh sieve set over a blender jar or food processor work bowl to cool until you're able to handle it, about 15 minutes.

Tear open the pepper and remove the seeds and membranes with your fingers or a paring knife. Add the pepper (with its skin) to the blender along with the remaining ingredients. Puree mixture until as smooth as possible. Transfer mixture to a small saucepan. Simmer it gently over low heat for 15 minutes, stirring from time to time. It will yield a fairly smooth that can be used as is, but if you'd like a smoother consistency, you have two options: running it back through the blender or food processor again (I got a smoother blender after the fibers had cooked down more on the stove) or pressing it through that fine-mesh sieve (I started doing this, then decided it wasn't worth the trouble).

Store in an airtight jar in the fridge for one week, though I suspect it will keep for two.

BBQ tofu po' boys with creamy coleslaw:

- 2 15 – 16 ounce packages of firm tofu (I like [Bountiful Bean](#), made in WI)
- 6 TBLS oil (about)

- flour
- 1/4 cup rice vinegar
- 6 TBLS soy sauce (I like [Kikkoman, also made here in WI](#))
- 1 8 oz. can of tomato sauce
- 1 large chipotle chile in adobo (or more if you like heat; these also come in cans)
- 4 TBLS maple syrup
- 2 TBLS molasses
- 2 tsp. cumin
- 1 large onion, sliced (about 2 cups)
- 2 bell peppers, sliced
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- pinch red pepper flakes
- 1 tsp. chili powder
- 1 tsp. paprika
- soft French rolls
- mustard & cole slaw for serving

Preheat the oven to 350 degrees. Squeeze some of the water out of the tofu, halve the block, and cut the halves into slices – you should get about 12 per block. Dredge the tofu in flour, and heat about 1 –2 TBLS of the oil in a large skillet, and fry the tofu in batches turning once until it is browned on both sides, adding more oil as necessary. Meanwhile, combine 2 TBLS of the oil, the rice vinegar, soy sauce, half the can of tomato sauce, chipotle chile, maple syrup, molasses and cumin in a blender jar, and whir until smooth. Pour enough of this sauce to cover the bottom of a 13 x 9 x 2 baking dish, and transfer the tofu into the dish as it's fried. When you get all the tofu into the dish, pour in the rest of the sauce from the blender.

After the tofu is fried, wipe out the skillet and add a little more oil, and then fry the onion and peppers until they are softened a bit. Add the thyme, oregano, red pepper flakes, chili powder, paprika and salt & pepper to taste. Continue to cook until well blended and a little caramelized, then add the rest of the can of tomato sauce, and mix well, scraping up any good stuff on the bottom of the pan. Pour the contents the skillet over the tofu in the baking dish, cover the baking dish with foil, and bake for about 1 hour, until all the sauce is absorbed and the peppers and onions are well-done.

Toast the buns lightly, spread with mustard if desired, make sandwiches with the tofu and vegetables, and serve with coleslaw.

For the coleslaw, wilt 6 cups of shredded cabbage & grated carrot in a colander with 1/3 cup sugar and 2 teaspoons salt, Drain the cabbage, and add 1/4 cup mayo, and juice of one lemon (or 3 TBLs rice vinegar) and fresh ground black pepper to taste. Celery seed optional.