

# Summer Creek Farm

2009 CSA Newsletter

## Basil (Presto Pesto!)

Week 10  
July 28, 2009

Originally from central Africa and Southeast Asia, basil has long been cultivated as a culinary and medicinal herb.

Traditionally, basil has been used in treatment of headaches, coughs, diarrhea, constipation, warts, worms and kidney malfunctions.

If you have an abundance of basil, try making pesto, which can be used as a spread (it's great in grilled cheese sandwiches) or a sauce for pasta.

To make a basic basil pesto, blend the following in a food processor:

2 cups (packed) fresh basil leaves  
2 cloves garlic  
1/4 cup pine nuts  
2/3 cup extra-virgin olive oil  
Sea salt and freshly cracked pepper  
1/2 cup grated hard cheese (like parmesan or pecorino)

Serve pesto at room temperature. It freezes well for later use.

Sources: [Purdue University](#) and [Food Network](#)



Photo:  
April Finnen (a Greek basil plant I "adopted")

## From Farmer Rick

Wheat harvest is done, and we are busy planting fall crops, beans, peas, broccoli, beets, etc.

Always something to plant, something to harvest and something to weed this time of year!

*Editor's note: Yes, my backyard is a testament to that... seems I can only successfully grow those hardiest of plants: weeds!*

## Recipe Feature

### Braided Basil Bread

Recipe and photo: Jessica Hibbard

#### Ingredients:

1 1/4 cup skim milk  
1/4 cup olive oil  
1/4 cup honey  
2 cups unbleached white flour + 1 extra cup for kneading  
1 cup whole wheat flour  
1/4 cup fresh basil, chopped  
1 package (1/4 ounce) rapid rise dry yeast  
1 tsp salt

Recipe is too long to fit here, but this bread is worth clicking over to the [recipe!](#)



### Link of the week

#### Waste Not Cooking (from Edible Vancouver)

Includes tips on using food scraps and leftovers.

<http://www.ediblecommunities.com/vancouver/Cooking/waste-not.htm>

## This week's box

- ☀ Tomatoes
- ☀ Potatoes
- ☀ Basil
- ☀ Squash
- ☀ Cucumber
- ☀ A melon (maybe)
- ☀ ...and more!

*Items may vary by location/pick-up day.*

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