

# Summer Creek Farm

2009 CSA Newsletter

## Summer Squash

Summer squash does not need to be peeled or seeded; simply wash and trim the ends. With the skin on, summer squash is a great source of vitamin C.

Squash can be eaten raw, or cooked in a variety of ways. Squash is mostly water, so it may make some recipes too watery. To remove some of the liquid, cut the squash, salt lightly and let sit in a colander for 30 minutes. Then rinse and use in your recipe.

Try baking squash in a 350° oven, topped with grated hard cheese.

(You may need to broil for a couple minutes at the end to brown the cheese.)

This [PDF download](#) has nice photos of the different types of summer squash, and more cooking and storage tips.

Source and image credit: [Pennsylvania Nutrition Education Network](#)



Week 9  
July 21, 2009

## Buy Local Challenge

*(This section from the editor this week – Farmer Rick is recuperating from all that wheat harvesting!)*

We're halfway through Buy Local Challenge week. The challenge is a simple pledge that, as a CSA member, you've probably been doing anyway:

**"I pledge to eat at least one thing from a local farm every day during Buy Local Week."**

Visit the Web site to learn more:

<http://www.buy-local-challenge.com/challenge.asp>

## Recipe Double Feature

### Summer Squash Pasta with Basil

*Recipe: April Finnen*

1 pound box small pasta, cooked  
1 large zucchini, sliced  
1 large yellow squash, sliced  
1 to 2 tbsp. butter  
1 to 2 tbsp. olive oil  
2 cloves garlic, chopped  
1/4 cup grated parmesan  
Handful fresh basil, chopped

In large skillet, sauté zucchini, squash and garlic in butter and olive oil over medium heat for about 5-7 minutes. Add cooked pasta and heat through.

Remove from heat, stir in parmesan and basil, and add salt and pepper as needed.

### Tomato Cucumber Salad

*Recipe: Amy Bigus Beach*

1 large fresh tomato, diced  
1 cucumber, sliced  
1 to 2 tbsp. extra virgin olive oil  
1 tbsp. garlic powder  
1 tsp. oregano  
Salt and pepper to taste

Combine all ingredients and serve immediately.

*Bonus link: [photos of these recipes](#)*

### Link of the week

#### CSA Recipes

A new blog by one of our own Summer Creek CSA members:

<http://csarecipes.com/>

## This week's box

- ☀ **Cherry tomatoes**
- ☀ **Squash**
- ☀ **Zucchini**
- ☀ **Cucumber**
- ☀ **Basil**
- ☀ **Maybe a slicing tomato or two, if the sun comes out!**

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

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