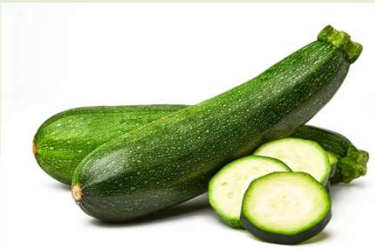


NEWSLETTER

2024 CSA

WEEK 5



Zucchini

Happy 4th and welcome to week 5. This week's box has zucchini, bell peppers, and potatoes along with herbs, lettuce, and raspberries.

Zucchini, a summer squash, is used in cuisines worldwide. It is a versatile vegetable that can be used in a variety of dishes, from salads to stir-fries to baked goods like zucchini bread. When squash is pan fried then marinated in a garlicky, herbed olive oil, it turns extra special. Water cooks out of the squash and lets the flavors infuse while the rich tasting olive oil transforms the texture.

This week's recipe is marinated zucchini, one of the most delicious way to enjoy this summer squash. This recipe is Thai inspired and is the perfect appetizer or side dish. Serve it with some crusty bread to soak up the flavorful oil. Enjoy!

Thank you for supporting your local organic farm!

-Ruby G.

Marinated Zucchini With Thai Basil & Mint

<i>Ingredients</i>	1 ½ tbsp fresh Thai basil
1 lb zucchini	½ tsp flaked sea salt, or to taste
¼ cup extra virgin olive oil, extra to cook	½ tsp red pepper flakes, more to taste
2 tbsp rice vinegar, or white/ red wine vinegar	1 tbsp fresh mint, chopped
1 clove garlic, grated	

1. Wash the zucchini and trim off the stems if woody, otherwise feel free to leave them. Cut them in half, length wise.
2. Heat a skillet over medium heat and add enough oil to thinly coat the bottom of the pan. Fry the squash in a single layer (in batches as necessary) cut side down about 4 minutes until golden. Flip and cook another ~3 minutes until the backside is golden. Transfer to a large bowl. Cook additional batches until all the squash has cooked.
3. In a small bowl whisk together the 1/4 cup extra virgin olive oil, rice vinegar, garlic, mint, basil, salt, and red pepper flakes. Pour over the zucchini and toss to coat. Cover the zucchini and leave out at room temperature to marinate for 1 hour. Or, place in the fridge to marinate longer.
4. Serve the marinated zucchini at room temperature or cold.

in the box

Scallions	bunch
Thai Basil	bunch
Red Butterhead Lettuce	head
Zucchini	4 each
Cherry Tomatoes	pint
Garlic	2 each
Yellow Potatoes	1.5 lbs
Green Bell Peppers	2 each
Red Raspberry	½ pint



Source: thecuriouschickpea.com