



2023 CSA

NEWSLETTER

WEEK 8

At the farm

Its week 8 and much awaited corn has arrived!! We are excited to share several new flavors in the box this week, including corn, melon, and red bell peppers.

I have shared few recipes using corn in the past years. My favorite thus far is the simple boil, butter and salt version. For recipe this week, I am including a Mediterranean inspired version of vegetable biryani with some traditional Mediterranean flavors and ingredients. You can prepare the Mediterranean spice mix using dried oregano, thyme, rosemary, paprika, cumin, and red pepper flakes. One used in the recipe below is a pre-mix you can buy at local grocery store (or Amazon). Hope you enjoy it!

Thank you for supporting your local organic farm!

-Ruby,

In the box

Rainbow Chard	bunch
Broccoli	Each
Red Bell pepper	2 each
Eggplant	Each
Cherry Mix Tomato	Pint
Corn	4 ears
Zucchini	3 or 4
Purple Majestic Potatoes	1.5lbs
Melon	each

Mediterranean Vegetable Biryani (Rice Dish)

Ingredients		
	1 red bell pepper, sliced	¼ cup pitted Kalamata olives, halved
1 ½ cups basmati rice, soaked in water 30 min and drained	1 eggplant, diced	2 tablespoons capers
3 cups water	1 zucchini, sliced	¼ cup chopped sun dried tomatoes
1 bay leaf	2 potatoes, peeled and cubed	¼ cup chopped basil leaves
2-3 cloves	1 large onion, thinly sliced	¼ cup chopped parsley
Salt to taste	3 cloves of garlic, minced	¼ cup crumbled feta cheese (optional)
2 tablespoons olive oil	2 teaspoon Mediterranean spice mix	Salt & pepper to taste

In a large pot, bring 3 cups of water to a boil. Add the soaked and drained Basmati rice, bay leaf, cloves, cinnamon stick, and salt. Cook the rice until 70-80% cooked. Drain and set aside.

In a large skillet, heat the olive oil over medium heat. Add the sliced onion and sauté until they become translucent. Add the minced garlic to the pan and sauté for another minute until fragrant. Stir in the diced eggplant, sliced zucchini, and cubed potatoes. Cook the vegetables for a few minutes until they start to soften. Add the sliced red bell pepper, Kalamata olives, capers and chopped sun-dried tomatoes to the pan. Mix everything together.

Sprinkle the spice mix over the vegetables and toss well to coat them evenly. Adjust salt and pepper to taste.

Lower the heat and let the vegetables mixture cook for another 5-7 minutes until all the flavors meld together. Stir in the chopped basil and parsley.

Preheat oven to 350 degree F. In a large ovenproof casserole or pot, layer the partially cooked rice and the Mediterranean vegetable mixture. Start with a layer of rice at the bottom, followed by a layer of vegetables, and then repeat until all the rice and vegetables are used up. Drizzle olive oil over the top layer and cover the casserole with a tight fitting lid or aluminum foil. Place it in the preheated oven and bake for 25-30 minutes, allowing the flavors to meld and the rice to finish cooking through. Once done, remove the casserole from the oven and let it rest for a few minutes. Gently fluff the rice with a fork.

Garnish with chopped basil and parsley before serving. Sprinkle with crumbled feta cheese over the top for added richness.