



2023 CSA NEWSLETTER

WEEK 16

At the farm

Welcome to week 16. We have only 6 more weeks of harvest boxes to go. We will be sending out a list of fall storage produce shortly and also include it in the upcoming newsletters. You can use your vacation credit to order fall storage produce.

This weeks box features several summer vegetables, along with mini watermelon. I am including a recipe that uses Eggplant and Romano Beans from the box. You can also add carrots, potatoes, chickpeas etc to the same recipe. Weather is cooling down and this flavorful recipe is sure to add warmth and nourishment to your table. Hope you enjoy it!

Ruby

In the box

Sweet Slicing Cucumber	2 each
Eggplant	Each
Russian Kale	Bunch
Romano Beans	1 lb
Yellow Onions	1 or 2
Corn	5 each
Celery	Bunch
Orange/ Yellow Bell Pepper	2 each
Watermelon	1 each

Eggplant & Romano Bean Stew

Ingredients	3 garlic cloves, minced	½ teaspoon red pepper flakes
2 medium eggplants, cut into cubes	2 tablespoons olive oil	Salt & Pepper to taste
2 cups Romano beans, trimmed and cut into 1-inch pieces	1 teaspoon dried oregano	Fresh parsley, chopped for garnish
2 cups diced tomatoes	1 teaspoon dried basil	Grated Parmesan Cheese for garnish
1 large onion, chopped		



Cut the eggplants into cubes and place them in a colander. Sprinkle with salt and let them sit for about 30 minutes to draw out excess moisture. Rinse the eggplant cubes under cold water and pat them dry with a paper towel. Trim and cut the Romano beans into 1-inch pieces.

In a large skillet or pot, heat 2 tablespoons of olive oil over medium heat. Add the chopped onion and cook until translucent. Stir in the minced garlic and cook for another minute.

Add the eggplant cubes and Romano beans to the skillet. Cook for about 5-7 minutes, or until the eggplant starts to soften.

Stir in the dried oregano, dried basil, red pepper flakes (if using), salt, and black pepper. Add the drained diced tomatoes and cook for another 5-7 minutes, allowing the flavors to meld and the vegetables to cook through. Reduce the heat to low, cover the skillet, and let the stew simmer for about 15-20 minutes, or until the eggplant and Romano beans are tender and fully cooked.

Taste and adjust the seasoning if needed, adding more salt or pepper according to your preference.

Serve the Eggplant and Romano Bean Stew hot, garnished with fresh chopped parsley and grated Parmesan cheese (if using). It can be served over cooked rice, pasta, or crusty bread.