Adventist Heritage Center

From: AU Gardens <info=augardens.com@mail182.wdc02.mcdlv.net> on behalf of AU Gardens <info@augardens.com>
Sent: Wednesday, August 27, 2014 6:02 PM
To: Adventist Heritage Center
Subject: Twelfth Week

We're down to week 12 of our CSA! Hope your summer has been relaxing! But back to school means summer squash casserole - check it out!

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Student Gardens Updates

August 28, 2014 (Week Twelve)

Weekly Produce

Solo Shares
Kohlrabi
Medium Shares
Cabbage
Full Shares
Fennel
Beets
Parsley
Green Lettuce
Summer Squash
Peppers
Tomatoes
Potatoes
Full Shares Only
Red Lettuce
Cucumbers

Farm fresh eggs delivered for $4.90 a dozen
This week’s fruit shares receive apples!

I’ll Have a Salad

Lani Woodruff

We joined Costco some eight or nine years ago for the express purpose of buying warehouse size portions of fresh produce. I still giggle about our first trip there, flashing the membership card for entry. Garth and I each pushed a cart with the two boys in tow. Team Woodruff, a name we coined from simply doing life together, weaved in and out, up and down all the aisles, looking a bit like deer in headlights. Garth started pulling things off the shelves and the team followed his lead. “Get one of everything fresh,” were our marching orders. In less than thirty minutes we had two carts FULL of bulk size boxes and bags of apples, pears, berries, melons, lettuce (in half a dozen varieties), spinach, peppers, onions, carrots, raw nuts, soymilk...to the tune of a $600 tab - if I remember right! Transporting our goods home posed no problem in our truck, Gad (her name is a whole other story). However, fitting what required refrigeration in the fridge presented quite the challenge. The real dilemma arose when my three men expected dinner.

I love watching cooking shows. The boys know it and often they pull me in to distract me with the newest episode of MasterChef. It is a reality show in which, Gordon Ramsay, Joe Bastianach, and Graham Elliot judge the wanna-be master chefs. The pool of cooks gets narrowed down by cooking challenges involving mystery boxes, elimination tests, team challenges, and pressure tests. The MasterChef wins $250,000, their own cookbook, and a MasterChef trophy. Not a bad take-home!
I’ll Have a Salad
Continued...

The show ChopTop ranks up there, too. This show takes four amateurs competing against each other in three challenges, first preparing an appetizer, then an entrée, and finally a dessert. The caveat in this competition resides in a basket of ‘must use’ ingredients. Ingredients that don’t seem to pair together at all, like: coffee, pheasants, escarole, and peanut butter blossoms cookies. A panel of three judges tastes and critiques the creations and a chef gets ‘chopped’ after each cook-off until the winner remains and walks away with their $10,000 prize.

Cooking dinner after our Costco adventure felt like a reality cooking show to me! I know how to cook open a can of ChopTop, dip them in egg and cracker crumbs, fry them and you’ve got an entée! But there, on my pantry shelves, sat no cans of veggie meat. Just about everything processed got tossed out before our trip to Costco. Yep, no salad dressing, no cheese, no frozen lasagna remained. No easy go-to’s. What would Gordon Ramsay do with all these veggies? They’re a side dish, not a MEAL! Not to mention, at the table sat three judges poised with hefty appetites. I don’t remember what I threw together for dinner that evening. It must not have been that bad because no story followed that haunts me at social gatherings. Instead, I like to think this silly thought: a MasterChef was born.

The day our CSA basket arrives each week sets the stage for my own reality cooking show. Fresh basil this week! Can’t wait to make some pasta! The eggplant is gorgeous! Maybe I’ll make Baba Ghanoush. A small green and white thing - not sure what THAT IS? Note to self: find out! In the beginning, when the fridge is stock full, the meals sometimes seem like they make themselves. On evenings when I’m spent from a day’s work and all creative energy is gone, putting food on the table feels like a pressure test. Then come the days when all that remains in the fridge after a week of pulling from its bounty are potatoes, turnips and kohlrabi (the green and white thing). So I peel, boil and mash to the delight of everyone sitting at the table! In the end, creating with fresh ingredients brings out the chef in me. I seldom use a recipe anymore. Instead, I experiment, I chop, I taste. Yes, there are days when I don’t want to. Once more, the days when doing so feeds me in so many ways other than just nutritive needs for my body. It taps me in, connects me to my senses. In a big Costco kind of way.

Summer Squash Casserole with Nuts
Allrecipes.com

PREP: 30 MINS
COOK: 40 MINS
READY IN: 1 HR 10 MINS

“Zucchini or yellow summer squash may be used together, or interchangeably to create this delicious casserole! Use bread crumbs, crushed crackers or cheese for the topping.”

INGREDIENTS
- 1 pound summer squash, sliced
- 1/4 cup butter
- 1/4 cup chopped green bell pepper
- 1 tablespoon white sugar
- 1 cup chopped onion
- 1 egg
- 1/2 cup mayonnaise
- Salt and pepper to taste
- 1/2 cup shredded Cheddar cheese
- 1/2 cup pecans, chopped
- 1/2 cup bread crumbs

DIRECTIONS
- **STEP 1** Preheat oven to 350 degrees F (175 degrees C).
- **STEP 2** Bring a large pot of water to boil. Add squash, and cook until tender. Drain well.
- **STEP 3** Place squash in a large mixing bowl. Add butter, reserving 1/2 tablespoon, to the squash and mash well. Mix bell pepper, sugar, onion, egg, mayonnaise, salt and pepper, cheese and nuts to the mixture. Transfer the mixture to a 1-quart casserole dish. Top with bread crumbs. Dot with the reserved butter.
- **STEP 4** Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

info@augardens.com  www.augardens.com  (269) 471-6006

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AU Gardens
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