

Quote:

News from the farm: CSA season is rounding the bend with only 4 weeks left. And this is the time of year we start dreaming up visions and planning our next steps. So, I have a favor to ask: please send me a description of your ideal CSA. Dream big! Why do you participate in CSA? What's your perfect vision of CSA. Thanks!

Here's what's in your box: fava beans, heirloom tomatoes, eggplant, sprouting broccoli, red potatoes, cilantro, bunched kale, & orange carrots

Did you know? Once you know how to roast an eggplant, there are lots of dishes you can make with it. Roasting eggplants on an open flame like the gas stove or grill imparts a delicate smoky flavor into the eggplant flesh. But, if you don't have a gas stove and you don't want to haul out the grill, you can get a similar effect in the oven. Here's how:

- Preheat your oven broiler on the hottest setting. Lightly grease a baking sheet with olive oil.
- Wash and dry eggplant, then slice in half lengthwise.
- Roast a few inches under the broiler for 15-30 minutes until the eggplant halves are charred and the halves are beginning to collapse. The larger the eggplant, the longer it will take to roast. Smaller eggplants will roast more quickly.
- Remove from oven. Check the eggplant flesh to make sure it is soft, roasted, and caramelized throughout. If any parts looked light-colored or undercooked, return to the oven to roast for a few minutes longer.
- Scoop out the roasted pulpy flesh from each half and place it in a bowl. Discard the charred skin. There will be some residual smoky juice that collects in the bowl; you can drain it off or blend it into the eggplant, depending on the flavor you want to achieve.

There's a short chain between field and fork, and the shorter that chain is - the fresher, the more transparent that system is - the less chance there is of anything from bio-terrorism to pathogenicity to spoilage.

~Joel Salatin

Recipe:

EGGPLANT & FAVA BEAN HUMMUS

INGREDIENTS

- 1 lb eggplant, sliced into 1/4 inch slices
- 1.25 cups fresh fava beans
- 2 cloves fresh garlic
- juice of 1/2 lemon
- 2.5 Tbsp chopped flat leaf parsley
- 1/3 cup extra virgin olive oil
- kosher salt, to taste
- 2/3 tsp smoked paprika, optional
- freshly ground black pepper, to taste

PROCEDURE

Eggplant: Brush the eggplant with extra virgin olive oil, season with salt and pepper and grill on both sides until cooked through and soft. **Favas:** Remove the fava beans by 'unzipping' the pod. Submerge beans in boiling water for 3 minutes. Strain beans then plunge them into ice water to cool. The outer skin should come off easily. Meanwhile, steep the minced garlic in the lemon juice for 10 minutes. Transfer to a food processor. Add the grilled eggplant and the cooked/peeled fava beans. Blend to a smooth mixture. Add some salt and pepper and with the motor running, slowly drizzle in the extra virgin olive oil until the mixture gets smooth. Test the seasoning and mix in the parsley. Sprinkle some smoked paprika, if desired (I highly recommend it. It can be found at both Food Coop locations in Bellingham.) Serve with pita bread or naan.