



In your share:

Heirloom & Red
Tomatoes
Cherry Tomatoes
Potatoes
Sweet Peppers
Hot Peppers
Cucumbers
Eggplant
Sweet Potato
Greens

In the PYO:

Anything marked
with a **red** flag is
ready to be picked!
Including:
Flowers
Mint
Nasturtiums
Oregano
Lavender
Anise Hyssop
Sage
Basil
Parsley
Parsley
Cilantro

Sweet Potato... Greens?

As summer continues on, we have a new crop ready to be harvest this week: Enter sweet potato greens!

These summer greens are a very tasty way to take advantage of the sweet potato plant. Sweet potatoes are a tuber, so the bright orange-fleshed roots that we are accustomed to are growing and thriving underground, while their vines covered in elongated-heart shaped leaves spread out and feed them. Lucky for us, the leaves can be harvested from the long vines without disturbing the sweet potatoes.

They are a great source of vitamins A & C and are chock full of antioxidants. The flavor is mild, and they keep their beautiful bright green color even when cooked. Sweet Potato leaves are common in many parts of Africa and Southeast Asia, where they appear frequently in regional dishes. A simple stir fry recipe follows, but if you are game for a culinary adventure, search for some of the ethnically sourced recipes available online.

★ Always wash your veggies! Many are best washed just before use, but please be sure to give everything a good washing before you eat it. Thanks~

Auction Update!

We hope you have received your invitation to the Annual Harvest Supper & Silent Auction either in the mail or in your inbox! The date, Saturday, September 10th, is fast approaching, as is the start of the online portion of our auction, which begins August 22nd. Check out the early offerings at BiddingforGood.com/RedWiggler.

If you have items to donate to the auction, please bring them to any CSA pickup or email us at auction@redwiggler.org. We are collecting items to be posted to the online auction through August 15th, and for inclusion in the live auction through August 27th. Thanks for your generosity!

Sautéed Sweet Potato Greens

- 1/4 cup vegetable or olive oil
- 1 quart, approximately, boiling water plus cold water (for blanching)
- 1 clove garlic, minced
- 1/2 onion, diced
- 1/2 teaspoon chili powder
- 1/4 pound sweet potato greens, thoroughly rinsed, stems removed

Rinse sweet potato greens and remove stems. Place in a strainer in the sink.

Boil water and pour over greens in strainer. Let cool for 2 minutes, then pour on cool water.

While that is draining, heat a heavy skillet over medium heat. Add oil. When warm, add garlic, onion and chili powder. Saute for about 3-5 minutes, till golden brown.

Pat greens with paper towels to eliminate excess water. Add greens to skillet, toss all well, and allow to cook for 3-5 minutes. Greens will wilt and soften like spinach. Serve immediately.

Bulgur Veggie Burgers with Tomato and Grilled Eggplant

From Gourmet 2008

While few of the main veggie burger ingredients are sourced from your share this week, they are the perfect platform for thick slices of grilled eggplant and fresh tomato. We hope this decadent sandwich knocks your socks off!

- 1/2 cup chopped onion, divided
- 1 tablespoon olive oil plus additional for brushing
- 1/2 cup bulgur
- 1 cup water
- 1 cup canned pinto beans, rinsed and drained
- 1 1/2 tablespoons soy sauce
- 3/4 cup walnuts (2 1/2 ounces)
- 2 garlic cloves, coarsely chopped
- 1/2 cup packed cilantro sprigs

- 3/4 teaspoon ground cumin
- 1/4 teaspoon cayenne
- 1/4 cup mayonnaise
- 1/4 teaspoon grated lime zest
- 1/2 teaspoon fresh lime juice
- 4 slices multi-grain bread, toasted
- 4-8 thick slices heirloom tomato
- 4 slices eggplant, salted, oiled, and grilled

Cook half of onion with 1/4 teaspoon salt in oil in a small heavy saucepan over medium heat, stirring occasionally, until golden, 5 to 7 minutes. Add bulgur and water and cook, covered, over low heat until water is absorbed, 15 to 18 minutes. Transfer to a bowl and stir in beans and soy sauce.

Pulse bulgur mixture, walnuts, garlic, cilantro, cumin, cayenne, a rounded 1/4 teaspoon salt, 1/2 teaspoon pepper, and remaining onion in a food processor until finely chopped.

Form rounded 1/2 cups of mixture into 4 (3 1/2-inch-diameter) patties. Chill at least 10 minutes.

While patties chill, stir together mayonnaise, zest, and juice. Slice 1 eggplant on the diagonal, creating elongated rounds. Salt lightly and let rest on a towel.

Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas). Put perforated grill sheet on grill and preheat 10 minutes.

Brush patties & eggplant all over with oil.

Oil grill sheet, then grill burgers on grill sheet, covered only if using a gas grill, carefully turning once, until golden brown, about 8 minutes total.

Serve burgers open-faced on toast with lime mayonnaise, 1-2 slices tomato, and 1 slice eggplant.