

# Eggplant

has long been prized

for both its beautiful outside appearance, and its unique taste and texture. A member of the nightshade family, along with tomatoes and potatoes, eggplant is best enjoyed baked, roasted, grilled, or steamed. Eggplant comes in a variety of shapes, sizes, and colors, ranging from deep purple to lavender, to green, white, or a combination of purple and white. This week we are featuring a mix of varieties from Alvarez Farms in Mabton, WA, and our own Tahoma Farms.



## Eggplant Linguine

1 pound linguine  
2/3 cup olive oil, divided  
2 small eggplant, cut into 1/2-inch chunks  
3/4 tsp garlic powder  
1/2 tsp dried oregano  
3/4 tsp salt  
1/2 tsp pepper  
1 cup tomatoes, chopped  
2 Tb fresh parsley, chopped

In a large pot, cook the linguine as package directs; drain well. Place linguine in a large bowl and toss with 2 Tb olive oil; set aside. In the same pot, heat the remaining oil over medium-high heat. Sauté eggplant for 10-12 min, until lightly browned. Add the garlic powder, oregano, salt, and pepper and sauté for about 5 min more. Add tomatoes, parsley, and linguine and toss gently until heated thru. Serve immediately.  
From [aubergines.org](http://aubergines.org).

## Grilled Smoky Eggplant Salad

2 small eggplants, (about 1 pound total)  
3/4 teaspoon salt, divided  
Olive oil cooking spray  
1/4 cup extra-virgin olive oil  
1 tablespoon sherry vinegar  
1 small plum tomato, diced  
1 small clove garlic, chopped  
1 1/2 teaspoons smoked paprika  
3 cups mixed baby salad greens  
2 ounces Manchego cheese, cut into thin curls with a vegetable peeler

Preheat grill to medium. Cut stripes in each eggplant's peel by running a vegetable peeler down the length of it and repeating at 1-in. intervals. Slice eggplants into rounds 1/2 in. thick. Lay them on a baking sheet and sprinkle lightly with 1/2 tsp salt. Let stand for about 5 min. Blot eggplant slices with paper towels and lightly coat both sides with olive oil cooking spray. Grill eggplant, flipping halfway through, until soft and browned on both sides, 9-11 min total. Puree oil, vinegar, tomato, garlic, paprika and the remaining 1/4 tsp salt in blender. Toss greens with half the vinaigrette in a bowl. Arrange eggplant slices on salad plates. Drizzle with the remaining vinaigrette. Place salad greens over and between eggplant slices, then scatter the cheese curls on top of each salad.  
From [EatingWell](http://EatingWell.com), July/Aug. 2007.

## Regular Box Contents:

item	Farm/Brand Name and Location	Food Miles
Amber Jewel Plums	Barbee Orchards (Zillah, WA)	174
White Nectarines	Columbia Gorge (Hood River, OR)	197
Cantaloupe	Inaba (Wapato, WA)	169
Flame Grapes	Top Brass (Shafter, CA)	988
Tosca Pears	Stemilt (Wenatchee, WA)	162
Eggplant Mix	Alvarez/Tahoma (Mabton, WA/Orting, WA)	197/20
Spinach	Ralph's Greenhouse (Mt Vernon, WA)	90
Tomatoes	Inaba (Wapato, WA)	169
Gold Beets	Tahoma Farms (Orting, WA)	20
Yukon Gold Potatoes	Bouchey (Wapato, WA)	169
Red Onions	Andersen Organics (Othello, WA)	191
White Turnips	Tahoma Farms (Orting, WA)	20
Cranberry Beans	Tahoma Farms (Orting, WA)	20

CANCELLATIONS AND OTHER CHANGES TO YOUR ORDER NEED TO BE MADE BEFORE 10:00 A.M., TWO DAYS BEFORE YOUR NEXT SCHEDULED DELIVERY.



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We appreciate you leaving your empty, flattened box out for us to pick up with your next delivery.

We do not reuse any bags, egg cartons, or other containers -- so just leaving out your box would be great!



# THIS WEEK'S RECIPES

## Wilted Spinach Salad with Sherry Vinaigrette

1 bunch spinach, tough stems removed  
1/2 cup thinly sliced red onion  
1/3 cup sherry vinegar, or red-wine vinegar  
2 tablespoons extra-virgin olive oil  
2 tablespoons sliced almonds  
1/4 teaspoon smoked or hot paprika  
1/3 cup chicken or vegetable broth  
1/4 cup chopped black olives, such as Kalamata

Place spinach in a large bowl. Place onion, vinegar and oil in a large skillet over medium heat. Cook, stirring often, until the liquid is nearly evaporated. Add almonds and paprika and cook, stirring, until fragrant, about 1 minute more. Stir in broth and olives and bring to a simmer. Immediately pour the dressing over the spinach and toss until slightly wilted.

Adapted from *EatingWell*, Sept/Oct 2008.

## Melon and Coconut Milk

a 3 1/2-oz can (about 1 cup) sweetened flaked coconut  
1 cup boiling water  
1/4 teaspoon grated lime zest  
4 cups julienne strips of cantaloupe, chilled

In a blender purée the coconut with the water and the zest at high speed for 1 min, let the mixture stand for 10 min, and force it through a fine sieve set over a bowl, pressing hard on the solids. Chill the coconut milk, covered, until very cold. Put the melon in a serving bowl, pour the coconut milk over it, and serve.

From *Gourmet*, June 1993.

## Spinach and Potato Frittata

3 tablespoons canola oil, divided  
2 teaspoons salt  
1/2 teaspoon ground black pepper  
1 russet potato, thinly sliced  
1/2 medium yellow onion, diced  
2 teaspoons chopped garlic  
2 cups spinach, chopped  
4 eggs  
1 cup milk  
1/2 cup shredded mozzarella cheese  
Nonstick cooking spray

Preheat oven to 450°F. Put a baking sheet into the oven to preheat. In a large bowl combine 1 tablespoon of the canola oil with 1 teaspoon of salt and 1/4 teaspoon pepper. Add the sliced potatoes to the bowl and toss to coat. Remove the baking sheet from the oven, and add the potato slices, making sure they are all in a single layer. Transfer to the oven and bake for 8 min. In a skillet, heat the remaining 2 tablespoons of the oil over medium heat. Add the onion and sauté for 2 min. Stir in the garlic and spinach and sauté for another 2 min. In a large bowl whisk together the eggs, milk and remaining salt and pepper. Mix in the cheese and the onion and spinach mixture and set aside. Spray an oven-proof skillet with nonstick cooking spray. Turn the oven down to 350°F. Remove the potatoes from the oven and add them to the skillet. Pour in the egg mixture and transfer the skillet to the oven. Bake until the eggs have set, about 30-35 min. Remove from oven and let cool for 5 min. Serve warm or at room temperature, directly from the skillet.

Adapted from [www.foodnetwork.com](http://www.foodnetwork.com).

## Roasted Beet Salad with Walnuts and Goat Cheese

1/2 cup walnut halves  
2 teaspoons olive oil  
1/8 teaspoon kosher salt  
1/2 teaspoon fresh ground black pepper  
6 beets, trimmed and washed  
1/3 cup thinly sliced red onions  
6 tablespoons extra virgin olive oil  
2 tablespoons red wine vinegar  
3/4 teaspoon salt  
1/4 teaspoon sugar  
fresh ground black pepper  
1/2 lb spinach leaves, de-stemmed and washed  
3 ounces fresh goat cheese, crumbled

Preheat the oven to 350°F. Combine the walnuts with the olive oil, salt and pepper, mixing well to coat the nuts. Spread on a baking sheet and bake until toasted, about 7-10 min. Set aside to cool. Wrap the beets individually in foil and place on a rimmed baking sheet. Bake at 350° until tender, about 1 1/2 hours. Let cool for 20 minutes, then peel the beets by holding them under cold running water and rubbing off the skins. Cut into 1/2-inch wedges, and place in a large mixing bowl with the walnuts and onion. Combine all the dressing ingredients, taste and adjust the seasonings. Pour over the beets and toss well. Let sit at room temperature at least 1 hour. Just before serving, arrange the spinach leaves in individual bowls or on a large platter. Arrange the beets on top and crumble the goat cheese over.

From [recipes.epicurean.com](http://recipes.epicurean.com).



## Storage and Preparation Tips

- ◆ *Eggplants* are very perishable and care should be taken in their storage and handling. Place unwashed eggplant in a plastic bag and store in the refrigerator crisper where it will keep for a few days. Do not cut eggplant before you store it as it perishes quickly once its skin has been punctured or its inner flesh exposed. Wash before use. Eggplant can be enjoyed peeled or with the skin still intact.
- ◆ *Yukon Gold Potatoes*: Store in cool, well-ventilated area and well out of direct sunlight. Wash/scrub before use.
- ◆ *Flame Grapes*: Store grapes in a plastic bag in the refrigerator for up to 1 week. Wash before use.

\* You may leave a cooler out for our driver to transfer your produce into to keep it fresh and cool.