

FRESH FOOD FOR SENIORS

Sponsored by the Offices of Manhattan Borough President Gale A. Brewer and Council Member Helen Rosenthal

July 23, 2014 Produce Guide

Sweet Corn, Yellow Summer Squash, String Beans, Blueberries, Basil and Boston Lettuce

Basil (DBP)

To Store: Basil is lovely but can be a bit high maintenance. Trim stems and place in a glass or jar of water (like cut flowers) on your counter space. To use, rinse very briefly under cold water, pat dry and use right away. (Basil turns black when exposed to too much water or cold.)

To Eat: 1) Simply: Add chopped for flavor and color. 2) Caprese Salad: Layer alternating slices of tomato and fresh mozzarella with whole rinsed basil leaf. Drizzle with balsamic vinegar and extra-virgin olive oil, and season with salt and pepper.

3) Pesto Sauce: In blender or food processor, combine 2 cups rinsed basil, a clove of garlic, ¼ cup grated Parmesan cheese, and ¼ cup pine nuts (almonds or walnuts work well too). Slowly add ¼ cup olive oil and season with salt and pepper to taste. Toss with cooked pasta, vegetables or spread inside grilled cheese sandwich. Can freeze in small container or plastic baggie for several months.

Yellow Summer Squash (RF)

To Store: Cool, dry, dark place

To Eat: 1) Add raw slices to salads. 2) Cut into bite-size chunks. Place on baking sheet, toss with olive oil and season with salt and pepper. Roast uncovered for 15 minutes in 425 degree oven. The thin skin can be eaten along with the flesh. 3) Slice in half, scoop out the seeds and lay halves upside down on microwave-safe plate. Heat in microwave on high for 4-6 minutes until tender. Halves are excellent for stuffing with rice, other vegetables, and meat.

String Beans (DBP)

To Store: Refrigerate in sealed bag

To Eat: 1) Summer Bean Salad: Trim string beans and add to pot of boiling water. Let beans simmer for about 2 minutes. Drain and place beans in bowl of ice water. Dry and toss with halved cherry tomatoes, thinly sliced red onion, a tsp. olive oil and basil leaves. Season with salt and pepper (feta cheese can be added.)

Basil Vinaigrette

Blend ½ tsp salt, 1 tsp mustard, 1 shallot and ½ cup rinsed basil leaves. Scrape sides of the blender, add ¼ cup of white wine vinegar and blend to combine. Slowly add ¾ cup of olive oil. Keeps for a few days refrigerated; bring to room temperature and whisk briefly before using. Great for salads or vegetable dip.

Blueberries (MO)

To Store: Refrigerator

To Eat: 1) Fresh washed blueberries are a sweet ‘superfood’ addition to cereal, oatmeal, yogurt, pancakes, smoothies, and salads.

Tip: Save the summer’s bounty by freezing for later. Gently wash and dry berries, then spread in single layer on cookie sheet and place in freezer overnight. This step prevents them from sticking together. Place berries in plastic bags and store in freezer.

Sweet Corn (RF)

To Store: Husk and place in refrigerator

To Eat: 1) Place in a pot of boiling water until tender, about 8 minutes, eat from the cob or slice off kernels.
2) Wrap each ear in damp paper towel, place in microwave for 2-3 minutes. Season with butter, salt and pepper.

Boston Lettuce (DBP)

To Store: Refrigerator, wrapped in lightly damp paper towel

To Eat: Use in salads, sandwiches, or wraps.

Braised String Beans and Summer Vegetables

Heat ½ tsp olive oil in skillet over medium heat and add ½ small sliced onion and a tsp of sliced basil. Cook for 2 minutes. Add ¼ cup of chicken broth and bring to a boil. Add ½ lb of trimmed green beans and cook covered for 5 minutes. Add half of a summer squash (cut into 1-inch pieces) and ½ cup cut cherry tomatoes. Cook for another 10 minutes. Season with salt and pepper.

This week's produce was purchased from the following farms, in partnership with GrowNYC: Dagele Brothers Produce (DBP), a Black Dirt farm in Orange County, NY; Mead Orchard (MO), a 180 acre family owned orchard located in the Hudson Valley which grows over 40 varieties of apples as well as peaches, pears, plums, and cherries; and Reeves Farms (RF), a sustainable farm in Baldwinsville, NY that uses Integrated Pest Management practice.

Next ordering dates for August 6, 2014 delivery are July 28 and 29, 2014.

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