

Box Contents:

1½ lbs Early Girl and Heirloom Tomatoes
1 lb Mixed Bell Peppers
1½ lbs Yellow Finn Potatoes
2 pcs Green Slicing Cucumbers
1 lb Small Red Onions
3 ears Yellow or White Corn
1 Charentais Melon

Full Belly Farm's 20th Annual Hoes Down is on Saturday, October 6. The all-day celebration of the harvest season features farm tours, hayrides, crafts, and great food and music. For more information and directions to the event, visit <http://www.hoesdown.org>. It's a fun and exciting event for the whole family, and all net-proceeds from admission benefit non-profit organizations working on sustainable food and farming.

Riverdog Farm's Pumpkin Patch Party is on Sunday,

October 28 from 1:00 – 5:00 pm. Join us for a low-key, potluck picnic and explore our farm. We'll provide pumpkin themed foods such as pumpkin ice cream, pumpkin bread, and of course, pumpkin pies. We'll also have a pumpkin carving station and hayrides for the youngsters. So bring your favorite dish to the feast and enjoy a Sunday afternoon with us!

Early Girl Tomatoes are available in a 20 lb case for \$25.00. Please place your order by Sunday evening for the following week. Great for fresh eating, canning or freezing

Box Notes: We have Yellow Finn Potatoes in our boxes this week. These are creamer potatoes with wonderful flavor and can be prepared in a wide range of recipes. Depending on the size, you might find one or two Charentais melons in your box. Charentais melons have very delicate skin and are prone to cosmetic blemishes. The melons look much worse than they taste: your melon will likely have brown blemishes on the surface due to sunburn. We managed to harvest some ears of corn for our boxes. At this time of the year, your corn will have tip damage from worms. If you feel squeamish about the critters, trim about an inch-and-a-half to two inches off the tip before you husk the corn. Peppers are a summer staple crop for our farm, and in this week's box, we have red bell and Flamingo peppers. Enjoy!

Greek Diced Vegetable Salad from *Moosewood Restaurant Cooks At Home* by the Moosewood Collective

Serve this with a crusty bread or stuff a pita with it. A heartier salad can be created by the addition of slices of hard-boiled eggs.

1 cucumber, peeled, seeded, and diced
1 sweet pepper, diced
2 tablespoons minced fresh parsley
2 tablespoons extra-virgin olive oil
¼ teaspoon dried oregano, crumbled
8 black Calamata olives, whole or pitted and sliced

1 large tomato, diced
1 scallion, finely sliced or minced
1 garlic clove, pressed
juice of ½ lemon (or more to taste)
Salt and ground black pepper to taste
Romaine lettuce leaves
Crumbled or grated feta cheese

Combine the cucumbers, tomatoes, peppers, scallions, parsley, oil, lemon juice, garlic, oregano, and olives in a large bowl. Add salt and pepper, and toss well. Although you can serve the salad immediately, it is even better if it sits for about 30 minutes before serving.

Mound the salad on lettuce leaves, and top with feta if you like.

Note: This salad is good with or without the feta. If you mix the feta into the salad, the cheese will absorb the marinade, which is delicious. For a more decorative presentation, sprinkle the feta on top. This salad will keep better if the cheese is not mixed into it.

Lacy Buttermilk Corn Cakes with Pepper Relish from *Vegetarian Cooking for Everyone* by Deborah Madison

¾ cup stone-ground cornmeal
2 eggs, beaten
1 ½ cups buttermilk
4 tablespoons butter, melted, or oil
¼ teaspoon salt

2 teaspoons baking powder
½ teaspoon baking soda
1 cup flour
Sour Cream

Whisk 1 cup boiling water with the cornmeal until smooth, then set it aside while you gather the remaining ingredients. Stir in the eggs, buttermilk and butter, then whisk in the remaining dry ingredients.

For each pancake, drop ¼-cup batter onto a heated nonstick skillet to make a 5-inch cake. Immediately bubbles will form on the surface. Turn, just once, as soon as the cake begins to look a little dry on top and cook the second side until golden. Top each cake with dab of sour cream and a spoonful of pepper relish.

For Pepper Relish

1 ripe tomato, seeded and finely chopped
1 sweet pepper, finely diced, or ½ of two
different colored sweet peppers
2 scallions, including half of the greens,
Finely sliced

3 tablespoons chopped parsley
2 teaspoons chopped marjoram
Salt and freshly milled pepper
Dash vinegar to taste

Combine the relish ingredients and adjust seasonings.

Potato and Parsley Omelet from *The New Book of Middle Eastern Food* by Claudia Roden
Serves 4. This Tunisian specialty is easy to make and quite delicious.

1 pound creamer potatoes, peeled
1 large onion, chopped
3 tablespoons extra virgin olive oil
Pepper

Salt
3 eggs, lightly beaten
¼ cup chopped flat-leaf parsley

Boil the potatoes in salted water, then drain and mash them. Fry the onions in 2 tablespoons of the oil till soft and golden, stirring occasionally.

Beat the eggs into the potatoes, then stir in the fried onion and the parsley, and season with salt and pepper.

Heat the remaining oil in a non-stick skillet and pour in the potato mixture. Cook, covered, over low heat, until the bottom sets. Then put under the broiler to cook the top until firm and lightly colored.

Cucumber and Tomato Salad from *The Ecuador Cookbook* by Christy Buchanan and Cesar Franco

1 onion
1 cucumber, trimmed
½ teaspoon salt
1 tablespoon fresh lime juice

½ tablespoon fresh lime juice
1 tomato, wedged
1 teaspoon minced cilantro

Cure onion with ½ Tablespoon lime juice as follows: Cut onion in half and slice each half as finely as possible so you have thin strips. Rinse strips. Thoroughly rub salt into onion. Marinate for at least 10 minutes. Rinse onion strips several times to remove excess salt. Squeeze out water. Add lime juice. Marinate at least 10 more minutes.

Cut cucumber in half lengthwise. Remove seeds, if desired. Slice into thin half moons. Mix everything together and serve.