

by Erin McKinney

The squash have arrived and they are gorgeous! I can't wait to make zucchini bread, one of my favorite summer treats! There has been some major growth spurts in the last couple of days in a lot of the crops due to all the rain. It's hard to believe that after not getting much rain at all for all those weeks, that over an inch fell in an hour on Friday. And then it rained again, and then again. Just wonderful conditions. Although it is a little worrisome whenever the sky just opens up and 'pours'. All those little itty bitty seeds that we had just sowed for all the fall crops could be washed away. Or there is always the chance of it breaking into hail and pummeling tender leaves beyond repair. Well, there was no hail and the seeds are still there, so we can rest easy for now.

We have anxiously been waiting to harvest the celery and for some reason it seems early, but the summer is flying by. I had some last night in a potato salad and it was awesome! Blanching is so out of fashion. These thick, dark green stalks are full of flavor. They may not be as tender as the traditional store-bought-from-California celery, but you can almost taste the higher nutrition in them. They have a lot of B6, A and C vitamins in them. I had a lot of fun with this crop partially because my Grandfather was a pro at growing celery and I want to live up to that a little. This year we, also continued to experiment with different plastic beds and cover cropping techniques in that part of the field, resulting in a winning combination.

The green tomatoes are just a fun treat this week. Last year we were given a green tomato pie, crazy right? Try delicious! I had fried green tomatoes last night and I heard of a green tomato relish that tops anything. So maybe this will be new to you or maybe this is summer tradition with you. But whichever it is, enjoy those tasty green guys!

Community Harvest (814) 466-2386  
Katy/office ~ taitfood@earthlink.net  
Erin ~ communityharvest@earthlink.net



## Cook's Column By Steve Spanelli

### Pan-Fried Green Tomatoes

2 large green tomatoes	¼ cup bread crumbs
1 egg	salt
¼ cup milk	black pepper
½ cup all-purpose flour	peanut oil for frying
¼ cup cornmeal	



- ~ Slice the tomatoes ¼ to ½ inch thick.
- ~ Whisk together the egg and milk. Place the flour and a little salt and pepper into another bowl. In a third bowl combine the cornmeal, bread crumbs and salt and pepper.
- ~ Bread the tomatoes by first dusting them with flour, then dipping them into the egg, and finally coating with the bread crumb.
- ~ Heat the oil (1-2 cups) in a large sauté pan over medium heat. Cook until they are golden brown on both sides. Drain on paper towels.

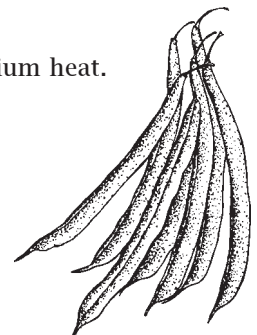
\* Serve with a horseradish cream sauce

### Sesame Tempura Green Beans

peanut oil for frying	2-4 tablespoons sesame seeds
½ pound green beans, trimmed	1 egg
1 cup flour	salt and pepper
¾ cup cornstarch	2-4 cups ice water or beer
¾ teaspoon baking powder	

- ~ Heat the oil (2-3 cups) in a large sauce pan on medium heat.
- ~ Whisk together the flour, cornstarch, baking powder, seeds, egg, salt and pepper with the water until desired consistency is reached.
- ~ Dip the beans into the batter and fry in small batches until golden brown.  
Drain on paper towels.

\* Serve with a horseradish cream sauce



**IN THE GREENHOUSE  
Huge Garden Sale!**

**50% off Campania  
pots, statuary, benches**

**60% off Plants  
perennials, roses, natives,  
fruits and more**

**Summer Hours**  
Mon-Fri ~ 9am to 6pm  
Sat ~ 9am to 5pm  
Sunday ~ 10am to 5pm  
**Harvest Shop (814) 466-3411**  
**taifarmfoods.com**

### COMMUNITY CALENDAR

#### Needed:

Clean, plastic grocery bags

**State College Farmers Market**  
Fridays ~ 11:30am to 5:30pm  
on Locust Lane

Volunteers are always welcome at the farm. Please call 466-2386 for more information or email Erin at communityharvest@earthlink.net.

**Community Harvest members**  
receive a 10% discount on  
Harvest Shop purchases.  
(excluding consignment & sale items)