

Cook's Column By Steve Spanelli



Ratatouille

This classic dish uses a little of all our summer vegetables.

- ¼ cup olive oil
- 1 large onion, diced
- 2 medium eggplants (about 4 cups) cut into ½ inch cubes
- 3 cloves garlic, minced
- 2 cups tomatoes, diced
- 4 cups summer squash, diced
- 2 green peppers, diced
- Salt and pepper



- ¼ cup fresh chopped basil

~ In a large saute pan, heat oil and sauté onions until just starting to cook. Add eggplant and garlic, stir, and sauté for 3 to 4 minutes. Add tomatoes and cook for about 5 minutes.

~ Add squash, peppers, and stir, cover, and simmer for about 10 to 15 minutes until vegetables are tender.

~ If too much liquid accumulates, uncover and reduce. Add basil at the very end.

Cherry Tomato, Mango, and Shallot Salad

- 2 tablespoons extra-virgin olive oil
- 3 to 4 shallots, minced
- 2 cloves fresh garlic, minced
- Sea salt
- 15 cherry tomatoes, halved
- 3 sprigs fresh basil, chopped
- 1 head butter crunch lettuce
- 1 ripe mango, thinly sliced
- Juice of ½ lemon



~ Heat oil in a pan over medium heat and add shallots and garlic. When the shallots sizzle, add a pinch of salt and sauté for 2 minutes. Lay the tomato halves cut-side down in the pan, season lightly with salt and cook, uncovered, until tomatoes are tender, 3 to 5 minutes.

~ Add basil, stir gently to combine and set aside.

~ Arrange lettuce on a platter with the mango slices in the center. Spoon the tomato and shallot mixture over top, drizzle with the lemon juice and serve.

Garden Gazpacho

This refreshing soup takes full advantage of vine-ripened tomatoes and fresh herbs.

- 7 cups ripe tomatoes, diced
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 2 green bell peppers, diced
- 1 to 2 cucumbers, seeded, and diced
- 2 tablespoons olive oil
- 1/3 cup wine vinegar
- ½ cup red or white wine
- 3 to 6 sprigs fresh herbs (parsley, dill, basil, cilantro, and/or oregano) chopped



~ Combine all the ingredients and stir well. Season with salt to taste and chill for at least 3 hours. For a more tomato based soup add 1 to 2 cups of tomato juice

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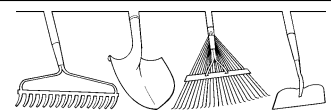
IN THE GREENHOUSE



Mums are Here!
Hundreds more coming.



**Lots of new flowering fall
plants arriving any day now.**



COMMUNITY CALENDAR



Community Harvest Workday
Saturday August 18
9 am to noon
Meet at the shop at 9 am, bring
water and dress for the weather.
Please **RSVP** at 466-2755.

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

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