



“The farmer has to be an optimist or (s)he wouldn’t still be a farmer.”

~Will Rogers~

Patty Pan Squash

The “Flying Saucer Squash” as I knew it as a kid, is one of my favorites – because of its appearance, and its taste! It has the nutty taste of a winter squash, but the soft skin of a summer squash, so it is the best of both worlds. Patty pans can be used as a stuffing squash, cut up and sautéed like a summer squash, or roasted like a winter squash. You can also pan fry them, as if you would a piece of chicken. Here is a simple and tasty recipe (maybe even the kids would like!):

Ingredients

1 large (or 2 small) patty pan sliced ¼ inch thick
 salt, black and cayenne pepper to taste
 ¼ cup grated Parmesan
 1 egg beaten with 1 tsp. water
 1 cup cornmeal

Preparation

1. Place beaten egg in a shallow bowl. Combine all other ingredients except for the squash in another bowl.
2. Pour safflower oil in a non-stick frying pan to a ½ inch deep. Heat over medium-high heat.
3. Dip the squash slices in the egg and then into the coating
4. Place in the hot oil and cook until lightly browned, then flip

This week’s CSA share contains:

- Patty Pan Squash
- Green Zucchini
- Sweet Nardello Peppers
- Bell Pepper
- Cherry Tomato mix
- Leek
- Rainbow Swiss Chard
- Okra
- Garlic
- Purple Viking Potatoes
- Cantaloupe



Here is a recipe that incorporates peppers, leek, garlic, Swiss chard, and cherry tomatoes from this weeks CSA share!

Rigatoni with Swiss Chard and Bell Peppers

Total Time: 30 mins.

Servings: 2



Ingredients

6 ounces rigatoni pasta	1 Tbsp. olive oil
1 bell pepper (color of your choice)	¼ cup chopped leek
2 cloves garlic, minced	½ cup chicken broth
2 cups chopped Swiss chard	½ Tbsp. butter
Black Pepper and salt to taste	1 Tbsp balsamic vinegar
¼ cup Parmesan cheese	½ pint cherry tomatoes, halved

Preparation

1. Boil rigatoni until al dente.
2. While rigatoni is cooking, heat oil in a large non-stick pan over medium-high heat.
3. Add bell pepper, leek, garlic, and tomatoes; cook, stirring occasionally until the pepper is crisp-tender – about 5 minutes.
4. Reduce heat to medium; stir in chicken broth, chard, butter, and black pepper. Cover and cook until chard is tender – about 5 minutes.
5. Remove the pan from heat; stir in balsamic vinegar and salt.
6. Drain rigatoni when it is done and toss with the chard mixture. Add Parmesan cheese and toss again.

* Feel free to add some cooked chicken breasts to this meal!!!!