

# Farm Fresh Summer V: Tomatoes

There is no doubt that those first tomatoes of the season deserve to be eaten just as they are off the vine. We have already enjoyed many straight out of our Tecolote Farm basket, especially that gorgeous sun gold variety. However, when you feel ready to cook a few up, you will certainly want to consider this Creamy Roasted Tomato Soup. Yes, this does require you to turn on an oven but trust me it is worth it. Perhaps you can find a few minutes in the morning to roast those tomatoes before the heat is in full swing and, btw, you might just want to consider making a double batch!



## Ingredients

16 Roma tomatoes cut in half lengthwise

2½ medium yellow onions, cut in half lengthwise

One garlic head (see directions – use 8 roasted peeled garlic cloves in soup)

1½ tbsp olive oil (for drizzling)

Salt & Pepper (for drizzling)

2 tsp paprika

2 tsp dried basil

1 tsp dried oregano

1 tbsp maple syrup

2½ cups water

1 cup coconut/almond milk

Splash Hot Sauce

Bay Leaf

[Full Instructions Here](#)

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## **Farm Fresh Summer IV: Green Beans**

I have to admit that, as a child of the 60's, I never tasted fresh greens bean until adulthood. It's a sad truth, but I certainly have made up for lost time by eating my fair share each year when they come in to season. Since their first appearance in our weekly Tecolote Basket, they have been gobbled up on the first night. While we all love this veggie roasted with just a drizzle of oil and pinch of Himalayan sea salt, sometimes a bit of spice is on order. This particular Vegetarian Times version of Szechuan Green Beans offers just the right amount of heat so that the fresh taste of the green beans can still be experienced.



### Ingredients

- 8 green onions, white parts only, thinly sliced ( $\frac{1}{2}$  cup)
- 4 cloves garlic, minced (4 tsp.)
- 4 tsp. minced or grated fresh ginger
- 2 Tbs. mirin (rice wine)
- 4 tsp. gluten free tamari or coconut aminos
- 2 tsp. toasted sesame oil
- 1–2 tsp. chile-garlic sauce
- $\frac{1}{4}$  cup vegetable oil
- 1 lb. green beans, trimmed and halved (4 cups)
- 8 oz. shiitake or button mushrooms, thinly sliced (3 cups)
- 9 dried Thai bird chiles, optional

Full Instructions Here

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## Farm Fresh Summer III: New Potatoes

New potatoes! What a treat! If you haven't tasted freshly harvested new potatoes, you are seriously missing out. I happen to be partial to the ones I have been discovering in my Tecolote Farm basket each week.



I was inspired last month by Gena Hamshaw's Food 52 post and have been tweaking this recipe ever since. As it contains two

ingredients that my guys love, Potatoes and Avocados, several repeat appearances were certainly not a problem. What better way, than this Cool & Creamy Green Potato Salad, to celebrate the “oh so brief” appearance of new potatoes?

Here is my current version for you to try out this week.

### Dressing

2 small Hass avocados

1 tablespoon Dijon mustard

$\frac{1}{2}$  cup of Organic Olive Oil

1 freshly squeezed lemon

1 tea of honey or organic maple syrup

$\frac{1}{2}$  bunch of basil leaves- stems removed

$\frac{1}{2}$  bunch of organic parsley- lower stem removed

$\frac{1}{2}$  bunch of fresh dill

Blend all ingredients in blender or using an immersion blender. Add water in small amounts to thin if necessary to coat the potatoes.

### Salad Ingredients

2 pounds new potatoes washed and cut into 1-inch pieces and steamed until fork tender

1/2 teaspoon salt (plus extra to taste)

Freshly ground black pepper, to taste

1/4 cup green onions or chives finely chopped

Rinse potatoes with cold water and lay on dishtowel to dry. While potatoes are still slightly warm toss with salad dressing, green onions or chives and salt and pepper to taste. Let salad sit for 30 minutes at room temperature for flavors to meld.



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## **Farm Fresh Summer II: Summer Squash**

Since summer squash is here to stay until fall, having a handful of go-to recipes to use up these beauties is definitely helpful.



In my opinion, there is not much that beats them sliced, seasoned, and grilled or roasted but this Coconut Curry Summer Squash Soup is really hard to pass up. While I am usually not a big fan of tofu, using a sprouted version on occasion is certainly fine. I have to admit, though, replacing it with babybella mushrooms was divine.



## Ingredients

8 ounces extra-firm tofu, cut into 1/2-inch cubes (I prefer sprouted for easier digestion.)

Fine-grain sea salt

1 tablespoon red Thai curry paste, plus more if needed

3 tablespoons extra-virgin coconut oil or extra-virgin olive oil, plus more for the tofu croutons

3 large shallots, chopped

1 1/2 pounds yellow summer squash or zucchini, cut into 3/4-inch chunks

12 ounces potatoes, unpeeled, cut into tiny cubes

4 cloves garlic, chopped

2 cups lightly flavored vegetable broth or water

1 (14-ounce) can coconut milk

[Full Instructions Here](#)



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**Farm      Fresh      Summer      I:**  
**Cucumbers**



While summer is off to a wet start here in Austin, we can still celebrate its farm fresh bounty along with Tecolote Farm. You may remember that in early spring I shared a bit about Tecolote and the goodness they bring to Austin kitchens each season with their 100% organic family owned farm. Now with summer in full swing we are spoiled with choices.

Tecolote is Austin's oldest and longest running CSA and, as a big fan and customer, I can't even begin to tell you the joy their basket of produce brings each week when it arrives. Honestly, I don't know what kind of home delivery could make me happier! It's not too late to sign up for a summer season CSA or you can select your own Tecolote produce each Saturday at the SFC Downtown market.

This week my basket, bursting with goodness, arrived with a handful of gorgeous crisp cucumbers. Not wanting to let them linger a day or two and lose their fresh appeal in the produce drawer, they quickly became the feature in this delightful dish: Sesame Ginger Miso Cucumber Salad. This flavorful salad combines some of our absolute favorite tastes along with cool hydrating cucumbers to create a perfect summer dish.

## **Ingredients**

### Salad

2 large English or Asian cucumbers

1½ cups frozen shelled edamame, defrosted

2 medium carrots, julienned

1 tablespoon toasted white and black sesame seeds

Optional: 1 sheet of nori, cut into small 1-inch long ⅛-inch wide strips.

### Sesame Ginger Miso Dressing

2½ tablespoons white miso paste

1½ tablespoons hot or warm water

2 tablespoons rice vinegar

1 tablespoon + 1 teaspoon finely grated ginger, peeled

1 tablespoon honey or maple syrup

1 tablespoon + 1 teaspoon sesame oil

2 teaspoons lemon juice

½ teaspoon tamari sauce (or coconut aminos, both are gluten free)

[Full Instructions Here](#)