



Stone Soup

July 28, 2003 Stearns Farm CSA □ Community Supported Agriculture
881 Edmands Road, Framingham, MA 01701 508-877-0059 Vol 4, No 7

Nature Watch: Dog Day Cicada

Great excitement ensued Friday when a very large insect was discovered nestled in a newly harvested head of lettuce. A quick perusal of Kathy's insect book identified the visitor as a Dog Day Cicada, so named because it appears during the dog days of summer. Cicadas are strong fliers and only spend 2 to 6 weeks of their life above ground, and that time is spent high up in trees. So sighting a cicada is rare and capturing one rarer still. Since our little friend did not try to fly away, its wings probably were damaged during molting.

There is a genus of cicadas that is often mistaken for locusts because hatchings are synchronized such that large swarms of cicadas emerge at the same time. Unlike locusts, which eat all green things in their path, periodical cicadas do light damage to the ends of tree and bush branches, and are viewed by some as beneficial because they kill off weak branches.



Our particular specimen is of a different, non-periodical genus (Tibicen) and has a shorter 2 to 8 year life cycle. Cicada eggs are laid under the bark of deciduous trees. Nymphs hatch from the eggs and fall to the ground, burrow down and find a root, and stay there feeding for years until they reach adulthood. The adult crawls back to the surface and climbs what it hopes is a tree, molts, and dries its new wings in the sun. Over the next couple weeks the insect mates and dies. Cicadas feed on the xylem fluid of woody plants. They have no sting or bite and are not poisonous, which is good because dogs have a habit of eating them. The distinctive mating call of the cicada is the loudest noise made by any insect and has been compared to a buzz saw. Two great websites for more information are: The University of Michigan insect website http://insects.ummz.lsa.umich.edu/fauna/michigan_cicadas/Periodical/Index.html (scientific info and sound bites) and Cicada Mania found at <http://www.dancentury.com/cicada> (funny FAQ page but on the commercial side).

BREAD AT PICKUP

Ethnic Breads will be on sale each week at pick-up to benefit the barn fund. If you have a specialty and would like to donate bread or rolls, please contact Kristin Harkness at kristin@harkness.net or 508-877-8564.

ON THE STAND: July 29 & Aug 1

Kale, Swiss chard, summer Squash, beets, lettuce, mesclun mix, cucumbers, carrots

Pick-your-own: beans, field herbs, flowers

For Sale: Honey, hods, & Stearns Cookbooks

Kitchen Colors

WORLD FLAVORS: GREECE



Recipes are culled from cookbooks and food magazines. Nutritional breakdowns are included when available. You are invited to e-mail questions or requests to lp32@tokay.com. - Lora McCoy

Greek Flavors

FETA AND MINT DIP

1 pound feta Cheese, crumbled (*for a milder feta use French feta cheese instead of Greek*)
Small handful of fresh mint, washed and roughly chopped
4 Tablespoons olive oil
Juice of 2 lemons
Freshly ground black pepper

In a food processor, blend the feta, mint, olive oil, lemon juice and pepper until smooth. Cover and refrigerate until required. Serve as a dip with pita chips and enjoy.

KOLOKITHOKEFTEDES / ZUCCHINI FRITTERS

1 ½ pounds of zucchini, trimmed and grated	4 Tb. fresh dill, finely chopped
2 bunches green onions, including stems, finely chopped	4 Tb. fresh mint, finely chopped
6 ounces Feta cheese, crumbled	1 2/3 cup all-purpose flour
½ cup grated Parmesan cheese	Salt (kosher or sea)
2 eggs, beaten	olive oil for frying
Pepper, fresh ground	fresh lemon

- Mix the zucchini, green onions, cheese, eggs and herbs together in a large bowl
- Add the flour to the mixture, season to taste with salt and pepper and stir well
- Cover and refrigerate for at least 30 minutes
- Heat ½" olive oil (use an inexpensive olive oil to fry foods) in a heavy-bottomed skillet
- Shape the mixture into round, flat fritters, add a little more flour if the mixture is too wet
- Cook several fritters at a time for 5 minutes on each side or until golden brown
- Using a slotted spatula, transfer the fritters to an open brown paper bag
- Set aside in a warm place while you cook the remaining mixture
- Serve with a squeeze of lemon
- Serves 6-8/ makes about 30 fritters

On the side: Every culture has a palette of flavors comprised of a thread of ingredients common to that area of the world. The palette of foods and seasonings for Greece include: cinnamon, coriander (the seed of the cilantro plant), oregano, mint, thyme, rosemary, dill, marjoram, garlic, cucumbers, red onions, spinach, bell peppers, zucchini, white beans, figs, lemons, raisins, currants, hazelnuts, pistachio nuts, almonds, olive oil yogurt, lamb, and vanilla.

Note: There are a number of good Middle Eastern food markets on Mount Auburn Street in Watertown, MA, that feature the food exports and seasonings of Greece.

GRATIN OF ZUCCHINI, TOMATOES AND POTATOES

4 medium sized potatoes	2 cloves garlic, peeled and minced
3 tomatoes, thinly sliced	2 Tb olive oil
8 zucchini, trimmed and thinly sliced (small to medium sized)	3 Tb breadcrumbs (fresh)
salt & fresh ground pepper	

- Preheat oven to 400.
- Place the potatoes, tomatoes and zucchini in alternate layers in a 10" round, 1 ½" deep ovenproof dish, season each layer with salt, pepper, and chopped garlic
- Drizzle half the olive oil over the top layer
- Sprinkle the breadcrumbs over the top and drizzle with the remaining olive oil
- Bake for 40 minutes or until the top has browned and the vegetables are tender
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Recipes were Adapted from Modern Greek by Andy Harris