

# A Well Fed Seed

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Week of July 16th

## GRILLED VEGETABLES

3 red bell peppers, seeded and halved  
3 yellow squash (about 1 pound total), sliced lengthwise into 1/2-inch-thick rectangles  
3 zucchini (about 12 ounces total), sliced lengthwise into 1/2-inch-thick rectangles  
3 Japanese eggplant (12 ounces total), sliced lengthwise into 1/2-inch-thick rectangles  
12 cremini mushrooms  
12 green onions, roots cut off  
1/4 cup plus 2 tablespoons olive oil  
salt and freshly ground black pepper  
3 tablespoons balsamic vinegar  
2 garlic cloves, minced  
1 teaspoon chopped fresh Italian parsley leaves  
1 teaspoon chopped fresh basil leaves  
1/2 teaspoon finely chopped fresh rosemary leaves

Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat). Brush the vegetables with 1/4 cup of the oil to coat lightly. Sprinkle the vegetables with salt and pepper. Working in batches, grill the vegetables until tender and lightly charred all over, about 8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, and mushrooms; 4 minutes for the green onions. Arrange the vegetables on a platter. The key to getting those great grill marks is to not shift the vegetables too frequently once they've been placed on the hot grill.

Meanwhile, whisk the remaining 2 tablespoons of oil, balsamic vinegar, garlic, parsley, basil, and rosemary in a small bowl to blend. Add salt and pepper to taste. Drizzle the herb mixture over the vegetables. Serve the vegetables, warm or at room temperature.

**SERVES: 6**

**FROM: Giada De Laurentiis**

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CSA ingredients?

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## PEACH and BLUEBERRY CRUMBLES

### For the fruit:

2 pounds firm, ripe peaches (6 to 8 peaches)  
2 teaspoons grated lemon zest  
2 tablespoons freshly squeezed lemon juice  
1/2 cup granulated sugar  
1/4 cup all-purpose flour  
1 cup fresh blueberries (1/2 pint)

### For the crumble:

1 cup all-purpose flour  
1/3 cup granulated sugar  
1/4 cup light brown sugar, lightly packed  
1/2 teaspoon kosher salt  
1/4 teaspoon ground cinnamon  
1/4 pound (1 stick) cold unsalted butter, diced

Preheat the oven to 350°.

Immerse the peaches in boiling water for 30 seconds to 1 minute, until their skins peel off easily. Place them immediately in cold water. Peel the peaches, slice them into thick wedges, and place them in a large bowl. Add the lemon zest, lemon juice, granulated sugar, and flour. Toss well. Gently mix in the blueberries. Allow the mixture to sit for 5 minutes. Spoon the mixture into ramekins or custard cups.

For the topping, combine the flour, granulated sugar, brown sugar, salt, cinnamon, and the butter in the bowl of an electric mixer fitted with a paddle attachment. Mix on low speed until the butter is the size of peas. Rub the mixture with your fingertips until it's in big crumbles, then sprinkle evenly over the fruit. Place the ramekins on a sheet pan lined with parchment paper and bake for 40 to 45 minutes, until the tops are browned and crisp and the juices are bubbly. Serve warm or at room temperature.

If you want to make these early, store the unbaked crumbles in the refrigerator and bake before dinner.

**SERVES: 5-6**

**FROM: Barefoot Contessa at Home by Ina Garten**