

## AUGUST

Raspberries  
 Blackberries  
 Peaches  
 Apples  
 Pears  
 Nectarines  
 Plums  
 Squash Blossoms  
 New Potatoes  
 Cucumbers  
 Summer Squash  
 Eggplant  
 Tomatoes  
 Green Beans  
 Garlic  
 Asian Braising  
 Greens  
 Kale  
 Chard  
 Collards  
 Jalapeños  
 Corn  
 Hot Chilies  
 Sweet Peppers  
 Okra  
 Leeks  
 Broccoli  
 Cauliflower  
 Basil  
 Thyme  
 Rosemary  
 Sage  
 Parsley  
 Onions  
 Beets  
 Carrots  
 Ground Cherries  
 Edamame

## SQUASH BLOSSOM RELLENOS

Courtesy of Dava Parr, Fresh & Wyld

Serves 2

*This is the epitome of good summer eating, and is a little trouble but it's worth it. One bit of these cheesy delicacies and you will be begging your favorite growers for all their male squash blossoms. I am not sure of the serving size on this one. In wild abandon I could eat all eight blossoms by my lonesome!*

8 squash blossoms (those with at least a one inch stem)

1 fire-roasted jalapeno or poblano, cut into strips  
 Monterey jack cheese or good melting cheese

¼ cup grape seed oil and olive oil mixed

3 egg whites, whisked

1–2 cups masa harina

Coarse sea salt or kosher salt

Shake gently and open each blossom to look for bugs and bees. Take a slice of jalapeno or poblano followed by a pinkie finger sized chunk of cheese and stuff into blossom. Gently twist tips of flower petals into a tight package around filling. Continue until all blossoms are inspected and stuffed.

Pour oil into a wide, heavy bottomed pan. While oil is heating; roll blossoms in egg whites and dip

one at a time into masa harina. You don't have to heavily coat them, a little goes a long way, and it is nice to crisp up some of the skin without the masa adhering to it. Gently place the blossoms in the oil when it is hot enough, without overcrowding pan. Brown on all sides and remove to a paper lined plate to absorb some of the excess oil. Sprinkle with sea or kosher salt while still hot.

**Relleno Sauce**

1 tablespoon olive oil

1 onion, chopped

1 clove garlic

1 teaspoon cumin seed

1 teaspoon ground cumin

½ teaspoon crushed red chili flakes

1 teaspoon oregano

4 good sized tomatoes, blanched, seeded and cored

2 cups chicken stock or water

Sea salt and fresh black pepper

Heat pan and add oil. Add onion, garlic, cumin seed and powder, red chili flakes and oregano. Cook for about 5 minutes and add tomatoes. Cook for another 5 minutes or so then add liquid, salt and pepper. Simmer for 30 minutes and puree.

Pour a full ladle of sauce onto individual plates and artfully arrange blossoms in a sunburst.

