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This Week's Box

Swiss Chard
Summer Squash
Zucchini
Lemon Basil
Peppers
Onions
Potatoes
Beans
Carrots
Cucumbers
Cabbage
Kohlrabi
Corn
Broccoli

**Purple beans
are always a
fun treat! If
you want to eat
them purple,
eat them raw.
Once you cook
them, they turn
green!**

Farm Happenings

Yeah rain!! Yeah Heat!!
Yeah Humidity!!

We received 2 and 1/2 inches of rain this past weekend! When it was all over, we had 1 tiny puddle, which quickly soaked into the thirsty soil. The heat and humidity have been wonderful for many of our plants.

We're feeling a little bit sheepish as we realize that our last bunch of Sweet Corn wasn't very good. The lack of heat and humidity has made corn

slow to mature and worse, it's been maturing at an uneven rate. So checking some and picking all was not the success we had hoped for. Sorry!

With the rain and humidity, we are hoping for better this time around. We'll be checking *every* cob as we pick this week, so the results should be better.

I'm writing this on Tuesday, but we'll pick on Wednesday- we're keeping our fingers crossed!!!

Farm Sweet Farm Chickens

Farm Sweet Farm is going to be processing their fall chickens in early September. If you'd like to get some free range chickens for your freezer, let us know. They're perfect to put in a slow cooker or bake on a snowy, cold day. (And the leftovers make the best soup!)

The chickens are again \$3 a pound and average from 4-7 pounds. We'll pick them up some time in Sept. or early October.

Easy Refrigerator Pickles

Slice cucumbers and onions. Put in container. (I prefer glass containers.)

MIX:

2 cups sugar
1 cup white vinegar
1 tsp. celery seed

1 Tbsp. Regular table salt

Stir well to dissolve sugar. Pour over cucumbers and onions. Make enough to just cover cucumbers and onions. Cover and refrigerate.

Should be read to eat in about a week. They keep for several months.

Veggie Lasagna

<p>9 uncooked lasagna noodles 1 egg 1 egg white 1 carton (15oz) ricotta cheese 2 tsp. dried parsley flakes 1 T. fresh basil of 1 tsp. dried 1 tsp. dried oregano 1/2 tsp. pepper 4 cups garden style spaghetti sauce 2 cups shredded mozzarella</p>	<p>4 cups cut fresh vegetables, steamed to tenderize just a bit (I used carrots, broccoli, and beans.) 1/3 cup parmesan cheese</p> <p>Cook noodles according to package directions. Meanwhile in a small bowl, whisk the eggs, egg whites, ricotta cheese, parsley, basil, oregano and pepper. Set aside.</p> <p>Spray a 9X13 baking dish with</p>	<p>Cooking spray. Spread 1 cup sauce over the bottom of the pan. Drain noodles; place 3 noodles over spaghetti sauce. Layer in the following order: 1/2 ricotta mixture 1 cup spaghetti sauce 1 cup mozz. Cheese 3 lasagna noodles Steamed vegetables 1/2 ricotta mixture 3 lasagna noodles 1 cup mozzarella cheese Sprinkle Parmesan Cheese over the top Bake uncovered at 375 for 40</p>
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To 45 minutes or until bubbly and edges are lightly browned.

Let stand for 10 minutes before serving.

** You may also freeze this lasagna before baking it. Then, thaw overnight in the refrigerator, let stand at room temp. for 30 minutes and bake at 375 for 1 1/4 hours.

Cabbage

You have received red or green cabbage. Either may be exchanged for the other in a recipe. Note that red cabbage will cause your dish to look pinkish-purple.

Red Cabbage has a sharper flavor and coarser texture so it needs to be cooked longer. Over cooking cabbage gives it a strong flavor and odor, so watch cooking times closely. Cooking celery with cabbage helps cut the strong cooking odor.

Cabbage can be stored in the crisper drawer of your refrigerator for several months. If it looks a bit sad over time, remove the outer leaves before using and you should find that the cabbage is still firm and crisp. The flavor will get stronger the longer it is stored.

Tracey Hillquist's Oriental Cabbage Salad

1 medium sized cabbage shredded
 2 T table onions
 1/2 C sugar
 1/3 C apple cider vinegar (i used a little less because it was too strong)
 1/4 C veggie oil or light olive oil
 2 pkgs of ramen noodle soup mix.
 1 C sunflower seeds
 1 C slivered almonds

In a lg bowl, mix cabbage and noodles. Break up the noodles. Mix in onions. Set aside
 In a separate bowl, make the dressing. Mix oil, vinegar, sugar and seasoning from Ramen noodles. Mix well. Pour dressing over the cabbage mixture approx. 2 hours before using.

Add sunflower seeds and garnish w/ almonds just before serving.
 Serves 8-10 people.

KOHLRABI

Kohlrabi is a cross of a cabbage and a turnip. They are excellent raw. Just cut off the root and leaf ends and peel the outer skin off. Cut in slices or wedges and serve with dips. They can also be boiled or steamed for a cooked vegetable.

Kids Corner

You can make dolls from your corn husks. See <http://www.sacredspiral.com/crafts/husks/corndoll/index.html> For directions.

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