

Week 7

Potatoes
Beans or Broccoli
Beets
Eggplant or Cabbage (Hudson)
Leeks
Onions
Carrots
Leeks
Tomatoes
Peppers
Basil
Cucumbers
Summer Squash
Swiss Chard

What a relief to have some cool weather! I actually harvested today wearing a jacket. The tomatoes are officially "here". They're starting to ripen at a fast pace. We have many varieties planted, so enjoy the rainbow of colors.

We picked the last of the summer carrots. Later this fall, we will have fall storage carrots in the boxes. They are all up and in need of some heavy weeding. We hope to catch up on that in the next week. We have also pulled all of the onions. You will receive onions throughout the season. We have them drying in our greenhouse until they're needed.

We harvested a beautiful but small crop of seed garlic this month. The bulbs are drying nicely and we will plant them this fall. If all goes well, we will be able to give garlic next year in the boxes.

The eggplant are continuing to come in slowly. We gave some out last week and about a dozen more are ready this week. Until we have enough for everyone, we will continue to rotate the sites that receive them.

This past weekend Mike and some friends spent a lot of time cleaning out one of our sheds. When we bought this property 3 years ago, all of the sheds came filled with "treasures". They were also filled with strange and useless junk. This shed was very full of straw. The straw was loose in the shed and it's likely been there over 20 years. Our yard looks a little like a yard sale gone bad with all of the items from the shed piled around waiting to find a new home. It will be nice to start organizing all that space. This particular shed we hope to turn into a home for our farm equipment.

We're excited about our farm potluck on September 12th. . We hope to see many of you and your families here! If you've never been here before, or even if you have but have never gotten a tour, this is a great opportunity! And, if you have never gotten a ride on the rope swing, it's time!

The tomatoes are in many different stages of ripeness. If your tomatoes are not fully ripened, leave them on your kitchen counter for a few days and they will ripen very nicely. It is not advisable to put tomatoes in the refrigerator. The only time I would recommend this is as a desperate measure to keep them from becoming over-ripe. Once they've been refrigerated they lose that fresh from the garden taste. We do not put them in the cooler on our farm just for that reason.

Beans come in 3 varieties, green, yellow and purple. We plant beans every single week for many, many weeks. This means, that we have fresh beans to put in the boxes for many, many weeks. However, things happen and not all bean plantings make it to a successful harvest. This happened the past two weeks. We had planned on yellow and purple beans this week. However, the purple beans did not fare well. We found very few beans on each plant. The yellow beans did much better, but they are plagued with rust spots.

There also seems to be a family of animals, small in size but with big teeth, that have helped themselves to a lot of beans.

(Healthy eating little buggers that they are.)

Just cut off the icky spots and the rest of the bean is perfectly wonderful.

*** A fun note about the purple beans: They turn green when they're cooked!

Here are some recipes shared by members Kathy Opland and Karen Gigure. Enjoy!

ZUCCHINI CRUST PIZZA BAKE

1 small onion, chopped
3 cups zucchini or summer squash, shredded
1 - 3 clove garlic, chopped
2 eggs beaten
1 green pepper, sliced
¼ cup all-purpose flour
½ pint cherry tomatoes, halved
½ tsp. salt
1 Tbs. basil, chopped
2 Tbs. extra virgin olive oil
1 cup shredded low fat mozzarella cheese

In a large skillet over medium heat, sauté the onion, garlic, green pepper and tomatoes until softened. Fold in the basil and remove to a bowl.

While the onion and pepper are cooking, in a bowl, combine zucchini, eggs, flour, salt and pepper and stir well.

Drizzle a little EVOO into the same skillet the onion and pepper were cooked in. Drop four equal mounds of the zucchini egg mixture onto the skillet and cook over medium heat for about 2 minutes on each side (til crispy brown).
Top each of the zucchini-egg rounds with some of the cooked tomato mixture and shredded cheese. Cover and continuing cooking until cheese melts.

Avocado Kale Delight

This is a quick, easy, and delicious salad that goes great alongside a grilled veggie burger. Kale is an amazing food containing compounds that help lessen the occurrence of a wide variety of cancers. Avocados contain oleic acid, a monounsaturated fat that helps lower cholesterol. So enjoy this tasty summer salad...all year round!

Ingredients:

1 head kale, shredded
1 cup tomato, chopped
1 avocado, peeled & pitted
2 Tbs. grapeseed or olive oil
1 Tbs. lemon juice
sea salt (to taste)
½ tsp. cayenne

Directions:

In mixing bowl, toss all ingredients together.

Mush everything together (with your hands) to create a marinated/wilted effect on the kale (this makes it much tastier and easier to digest). Makes 4 servings.