

week 8

Potatoes
peppers
basil
melon or beans
cucumber
cherry tomatoes
leeks
Broccoli and/or Cauliflower
tomatoes
summer squash
beets
eggplant or kohlrabi
onion
spaghetti squash

What a whirlwind week this has been! Last Thursday Mike and I left for a short vacation. It's not something we do often. In fact, it's the first time we've gone somewhere together, that wasn't our cabin or to visit family in the 10 years we've been married. We spent a very relaxing couple of days in Iowa. We stayed near Decorah, at a bed and breakfast called, Little House on the Farm. It was wonderful! Beautiful, relaxing and all the charm of being in the country (without the work!) Check out their website, Little House On The Farm if you will be travelling in that direction.

While there, we also visited Seed Savers. See www.seedsavers.org. Seed savers is an organization that collects heirloom seeds and then works to see that they continue to be available to everyone. We were able to see the areas they had planted for the harvesting of seeds, the beautiful grounds that includes an orchard, flower gardens, pasture, cattle and poultry. We also of course, bought seeds! Oh... the many varieties of flowers, vegetables and fruit we are excited to try next year.

After our relaxing 4 day break, we have been working hard to "catch up". The fall carrots were screaming, "Weed us!" by the time we got back, so that took much of Monday. They should be good to go for a few weeks. We also transplanted a few more rows of lettuce. Mike spent some time planting radishes, turnips and spinach. The spinach he planted last week is starting to show itself.

We harvested this week under cool, beautiful skies, with just the right shade of blue and with just the right amount of puffy white clouds. There was also a cloud of frustration. Mike puts a lot of time into figuring out what date we need to plant things in the greenhouse, what date it needs to be transplanted, so that we have a date in mind as to when things will be ready to harvest. He also spends a lot of time figuring out how many feet of row we need to make sure that there is enough produce for each share. Unfortunately, the best laid plans don't always work out. It's hard to get the plants to have mature produce all at the same time. We almost have enough eggplant for everyone. We have a few Kohlrabi to round out the numbers. It's amazing how different in size the kohlrabi are since they were planted on the same day.

Many of the melons we are sending are VERY ripe. Perfect for eating right this moment. Definitely store them in the refrigerator. If your melon is all brown, you have one of these very ripe melons. If your melon has some green on it, you have some time to leave it on the counter until you're ready for it.

Spaghetti Squash is ready too! We will probably only be sending them this week. This was not a crop that did very well this year. We had several with some rotten insides. We didn't want to toss them all due to a few bad ones, so we're sending them with a prayer that they are all good. If upon opening them, you find some small, brown spots, please cut them out and the rest will be just fine. If the whole inside is brown, it's best to compost it. I would keep the spaghetti squash in the refrigerator until you are going to use it.

The beans are making a return. Slowly, as they aren't quite producing at a rate that allows us to give them to everyone. If the weather holds, we should be able to give beans for a few more

weeks. This will be likely the last cucumber of the season. Mildew and cucumber beetles have taken their toll on the plants. It was a fabulous cucumber year though!

More happy news is that the tomatoes are continuing to ripen at a steady pace. I wouldn't say we are at peak yet. The peppers are starting to turn colors and we've never had such a healthy crop of basil. Perfect for all those tomato recipes. I also noticed that a few of our new zucchini plants are ready to produce. Lots of blossoms and teeny, tiny zucCs are on them. It'll be nice to see them again, even if somewhat limited.

It's hard to believe that school will be in session in a week. I'll really miss Claudia and Malcolm when they are gone each day. All 3 kids helped to pack boxes today. We all enjoy the energy and family time on packing day.

Recipes

Chunky Tomato Soup

1 1/2 cup peeled, seeded and finely chopped tomatoes
2 tsp. sugar
1/4 cup butter
1/4 cup chopped onion
1/4 cup flour
3/4 tsp. salt
3 cups milk

Bring tomatoes and sugar to a boil; simmer 10-15 minutes.

Meanwhile, heat butter and sauté onions for 5 minutes. Blend in flour, then slowly add milk while stirring. Cook and stir until thickened. Add hot tomatoes, stirring constantly.

Melon Sorbet

Place 2 cups of melon cubes or balls in a blender. Add 1/4 cup orange juice, 1/4 cup sugar, 1/2 tsp. salt.

Puree.

Pour into an ice cream maker, and follow ice cream maker directions.

When done, place in freezer for 2 hours and enjoy!

You can also freeze melon balls or chunks. Just place in air-tight container and freeze.

When serving, eat partially frozen.

Spaghetti Squash Lasagna

1 spaghetti Squash
1 lb ground beef
1 onion, chopped
1 pint spaghetti squash
1 tsp. basil
1/2 tsp. oregano
1 tsp. salt
1/8 tsp pepper
1 cup cottage cheese
1 cup mozzarella cheese

Halve spaghetti squash and scoop out seeds. Place cut side down in baking pan with one inch of water. Bake at 350 until tender. (About an hour)

Fry ground beef and onion until beef is browned. Stir in sauce, basil, oregano, salt and pepper. Reduce heat and simmer 15 minutes. Combine cottage cheese and parmesan cheese. Layer 1/3 of the spaghetti squash strands in a 13x9 baking dish. Top with a third of meat mixture and a third of cheese. Repeat twice. Bake covered at 400 for 15 minutes, then uncovered 5 more minutes. Let stand 10 minutes for easier cutting.

Have a great week!
Jody and Mike