

Week 7 August 4th

Beans
Red Potatoes
Green Onions
Carrots
Celeriac Leaves
Basil
Onions
Cucumbers
Summer Squash
Oregano
Kale
Radishes and Garlic

Hello!

Happy August! I generally think of August as a hot, dry month. It's not starting out dry. But it is starting out hot. Our pepper plants have doubled in their size since last week, which is good. Our weeds have tripled in size, which is not so good. Between the rain and more rain, it's been really hard to get in and weed. Luckily, we are nearing the time of the year when weeding is more about aesthetics than production for much of our plants. There is still plenty of weeding that needs to be done to make sure the plants have ample space to produce, but not as many as I see. Each year at this time, it's a lesson in letting some things go.

This week's box looks a lot like last week's. We are still waiting on those exciting "hot" veggies: peppers, tomatoes, sweet corn and eggplant to name a few. Soon... very soon. Our cucumbers and summer squash are out-doing themselves. Our garlic was pulled last week. (Thanks to member David Hicks for taking on that job!) It's drying and curing in the greenhouse. The bulb you are getting has not been cured. Please use very soon or store in the refrigerator. The same goes for the large onion. Treat it the same as you would for the green onions.

Celeriac leaves come from the celeriac root. We are several weeks away from harvesting our celeriac root. We did snip a few leaves off each root. Not enough to matter to the plant, but it will matter to your cooking! The leaves offer amazing celery flavor. Cut up the leaves and stems for soups, baked dishes or to sauté. The stems are likely going to be tough, so you'll want to be sure you cut them into tiny pieces and cook awhile. The flavor however, is well worth it! The celeriac and basil can be stored in a water glass or vase, much like cut flowers. No need to refrigerate (Basil prefers that you don't).

Thanks to all of you who have been coming out for bean picking. It's been such a fun thing to be a part of each Wednesday. I especially enjoy watching the community of Threshing Table Farm grow each week. And the pot-luck's have been amazing! If you haven't yet, please come out and join us! And if you have- join us again! Wednesdays, 11:00 am picking with pot-luck to follow.

Join us also for our first ever, Free - Movie Night on the Farm! We'll be showing the movie SweetLand. Bring your chairs and beverages, we'll supply the Popcorn. Friday, August 12th at 8:30 pm. (But feel free to come earlier.) This is an outdoor movie. Bring the bug spray! Rain date is Sunday, August 14th. SweetLand is a tender story of love, land and the American immigrant experience. See the website, www.sweetlandmovie.com. Although there is nothing inappropriate in the movie, children will likely find that it doesn't hold their attention.

Cucumber Sandwich Spread

I'm pretty sure I put this in the newsletter last year, but it was a very requested recipe at the last pot-luck, so here it is again.

1 ½ cup finely chopped cucumber
1 T. minced onion
½ cup chopped celery (or a few minced 3 oz. package cream cheese
celeriace leaves, to taste) ¼ tsp. salt
½ cup mayonnaise or salad dressing
1/8 tsp. pepper

Partially peel and remove seeds from cucumber before chopping. Drain well by squeezing between two layers of a clean cloth. Combine cucumbers with remaining ingredients. Mix well. Spread on bread. Mmm. .. Good!

Squash Saute

2 cups sliced summer squash and/or zucchini
2 Tbsp. Finely chopped onion
½ tsp. olive oil
fresh basil and oregano to taste
1/8 tsp. salt
1 minced garlic clove
dash of pepper

In a large skillet, sauté the summer squash, onion and garlic in oil for 4-6 minutes, or until crisp tender. Add the remaining ingredients; cook 1 minute longer.

Green Bean Potato Pancakes

1 ½ cup finely diced green beans 2 large eggs
2 c. grated potatoes ½ tsp. salt or to taste
¼ cup chopped onion 1/8 tsp. pepper

Combine ingredients and fry in vegetable oil or a mixture of butter and oil.

Squash and Veggie Couscous

1 cup chicken broth ¾ cup chopped carrot
¾ cup uncooked couscous ½ cup chopped green pepper
1 medium yellow summer ¼ cup chopped onion
squash, chopped 2 T. butter
Fresh oregano, chopped ½ tsp. lemon-pepper seasoning
Salt to taste

In a small saucepan, bring broth to a boil. Stir in couscous. Remove from the heat; cover and let stand for 5-10 minutes or until broth is absorbed.

Meanwhile, in a large skillet, sauté the squash, carrot, green pepper and onion in butter until tender. Stir in seasonings. Fluff couscous with a fork; toss with vegetable mixture.

Happy, healthy eating!

Jody, Mike, Claudia, Malcolm and Jonas Lenz