

Week 6 July 28<sup>th</sup>

**Beans Cucumbers Basil**  
**Carrots Red Potatoes Summer Squash**  
**Onion Kale Swiss Chard**  
**Cabbage, Cauliflower or Kohlrabi**

Hello!

What a beautiful week! We love this weather! It's a very nice change from last week. We enjoyed time at the St. Croix County Fair this past weekend. Our big news is that Claudia received 2 grand champion ribbons for her rabbit Oreo. One was for best in breed and the other was for Claudia's skill that she demonstrated in Showmanship. It's the first year that we brought "livestock" to the fair, so that was exciting! Next year... maybe goats!

The box is an interesting mix this week. The summer squash and zucchini plants are absolutely loaded with finger sized squash and lots of blossoms. The heat we had last week seemed to have caused the plants to stop producing for the most part. As the weather has improved, the blossoms and baby squash have started to resume. However, at this moment, we have just a little bit of mature squash. Next week you should see more in your box. The heat finished off much of this batch of cauliflower as well. We have some small heads in some of the boxes. We also have just a few cabbages ready from a new section. As for the Kohlrabi, well... that goes to Farmer Error. Mike planted a row of kohlrabi seed and then promptly forgot about it. A few days later, he planted lettuce on top of the kohlrabi. Much of the kohlrabi was choked out by the lettuce. You will find that you have kohlrabi or cabbage or cauliflower this week.

The onion you are receiving is a fresh Walla Walla. These onions have not cured yet, so please use the onion promptly or store in the refrigerator.

Something fun to look forward to: 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 12<sup>th</sup> at 8:30 pm. (But feel free to come earlier.)**  
**This is an outdoor movie. Bring the bug spray!** Rain date is Sunday, August 14<sup>th</sup>.

Something else to look forward to... Our tomatoes and peppers are just starting to show themselves. Hopefully we'll have a sampling in a week or two.

We have lots of cucumbers- we also have lots of extra pickle sized cukes. If you are interested in making pickles, give us a call or e-mail. You can pick your own pickling cukes for \$1.50 a pound. Or- we'll pick them for you, for \$2 a pound. Note: If we pick them, we can't promise specific sizes, but they'll be smallish. Please let us know when you'd like to come as we'll do our best to accommodate. We want to make sure there are enough extras for everyone.

Wondering what to do with all the cucumbers in the box this week? Try the cold cucumber soup on the next page.

### **Cold Cucumber Soup**

Blend in a blender:

3 medium cucumbers, peeled and chopped ¾ cup thinly sliced onions  
1 T. lemon juice 1 tsp. lemon zest  
1 tsp. sea salt ½ tsp. pepper  
1 ½ cups vegetable broth

When the above ingredients are blended into a puree, Stir in ½ cup sour cream and chill until very cold, about 1 hour. Serve topped with additional chopped cucumber, onion and lemon zest.  
Serves 4

**Chicken Cucumber Salad**

3 cups cubed, cooked chicken  
1/2 cup chopped cucumber  
1/2 cup halved grapes  
1/2 cup chopped carrots  
1/4 cup chopped walnuts  
1/4 cup mayonnaise  
1/4 cup ranch dressing

Mix above ingredients and serve in pitas.  
Serves 4.

**Chard with Rice**

1 1/2 c. uncooked rice   1/4 c. butter  
3 cups water or broth   6 cups finely chopped chard  
1/2 c. chopped onion   1 tsp. basil  
1 clove garlic   salt and pepper to taste

Cook rice in slated water or broth until liquid is absorbed and rice tender. Meanwhile, sauté onion and garlic in hot butter 4-5 minutes in a large skillet. Add chard and sauté 4-5 minutes. Stir in basil and cooked rice. Heat through and season to taste.

**Basil Pesto**

2 cups fresh basil leaves   1/2 cup grated parmesan or Romano cheese  
1/2 cup grapeseed or olive oil   1/3 cup walnuts  
3 garlic cloves, minced   salt and pepper to taste

In a food processor, chop nuts. Add basil and garlic. Pulse several times until blended. Slowly add a constant stream of oil while blending. Add grated cheese and pulse until smooth. Add salt and pepper to taste. Serve over potatoes, pasta or use as a base on pizzas, in place of the tomato sauce. Freeze leftovers in an ice cube tray. When frozen, place pesto cubes in a Ziploc bag in the freezer and use as needed. \*\* You may want to add the cheese when it's thawed as the cheese may not freeze well.

Happy, healthy eating!

Jody, Mike, Claudia, Malcolm and Jonas Lenz