

Week 9 August 18th

Beans
Red Potatoes
Summer Squash
Carrots
Peppers
Lettuce
Onions
Cucumbers
Tomato
Basil

Hello,

We're heading into late summer in the garden. The tomatoes are ripening nicely, the onions are drying and curing. Our bean, pepper and eggplants all took a hit a few weeks back when we had temps in the upper 90's for extended periods. We are learning that the blossoms on these plants will drop off in that kind of heat. Once fruited, the eggplant and peppers in particular, enjoy the heat. However, the blossom stage is crucial. With these cooler temperatures, we are seeing more beans and more blossoms on the plants. We hope to have these veggies in full force soon. Thanks for your patience! We will have sweet corn next week- and we should have it for several weeks after. We were able to put in a larger patch than previous years with our neighbor's help. Stay tuned!

We tried a small patch of lettuce late this summer. We put in two varieties that are supposed to tolerate the heat pretty well. A few of you got a head last week, and everyone gets one this week. More lettuce will come in the fall. Mike has been planting some in the greenhouse and out. We've also been planting fall radishes, spinach, broccoli, cauliflower and peas.

If you have kids you're probably out school shopping as we have been. Boy has time flown! As the kids head back to school, so does my summer help! Thanks to Megan Mitchell for all her help every evening and on Fridays this summer. Thanks to Davy Ann Lee for her morning (and sometimes evening) help. Thanks to Bill George and family for coming out every week for a morning or 3. And thanks to Cassandra Martie for watching children each Wednesday while we picked beans. We couldn't have done it without you!

The bees are still working hard on their hives. I probably won't have a lot of honey for sale this year, but I'll let you know when and if I do.

We do however, have Maple Syrup! Our syrup comes from the trees at our cabin in Winter, WI. Mike, his dad, family and friends tap over 300 trees and cook during March and April- depending on the weather. It is mmm... mmm... Good! If you'd like to buy some- we sell quarts and pints.

Pint \$8

Quart \$15

We will deliver syrup to the drop-off sites as well. Please send us a note with payment and we'll get it to you.

Harvest Pot-Luck Saturday, September 10th, 2011 2-6pm

Fall chickens will be ready for pick-up by Sept. 10th.

Oven fried Squash Spears

**I haven't made these yet- if you do, I'd love to hear how they are!

2 egg whites ½ cup skim milk
2 slices whole grain bread 1 tsp. paprika
1 tsp. dried thyme 1 tsp. onion powder
¼ tsp. ground cayenne pepper ½ tsp. garlic powder
2 medium zucchini, cut in eighths, lengthwise

1 medium yellow squash, cut in eighths lengthwise (or any combination of the two squash types.)
Olive oil cooking spray
¼ tsp. sea salt
1 lemon quartered

Sauce

½ cup sour cream
1 clove garlic, minced
2 tsp. hot sauce (or to your taste)

Preheat oven to 450. Whisk together egg whites and milk until well blended. Pulse bread in food processor or blender until coarse crumbs. In a shallow pan, blend bread crumbs and spices.

Place zucchini and/or squash wedges in egg mixture. Gently coat well. Coat slices with bread crumbs, using fingers to make sure crumb mixture adheres well.

Coat a baking pan with cooking spray. Place fries on pan in a single layer. Bake 12 minutes. Flip fries over and bake an additional 3 minutes or until golden and tender.

Meanwhile, prepare sauce by whisking ingredients together.

To serve:

Sprinkle fries with lemon juice and sea salt. Serve immediately with sauce.

Stove top Cabbage Rolls

1 lb ground beef boiling water
¼ cup chopped onion 2 c. peeled, seeded and chopped tomatoes
1 tsp. salt garlic salt
¼ tsp. pepper 2 T. cider vinegar
1 cup cooked rice 2 T. sugar
10 large cabbage leaves

Mix beef, onion, salt, pepper and rice. Cover cabbage leaves with boiling water and allow to stand about 3 minutes to make leaves pliable; drain. Roll a portion of meat mixture in each leaf; fasten with toothpicks. Heat remaining ingredients to boiling point in a covered skillet. Add cabbage bundles and simmer, covered, until tender- 1 to 1 and ½ hours.

Happy, healthy eating!

Jody, Mike, Claudia, Malcolm and Jonas Lenz