



My basket this week may include

- ❖ **Spring Onions** – The onions are coming in great! We are now putting in forum onions. These are a great onion but not meant for long storage. These are a great sweet onion. I saute them up as a side dish and my one year old actually steals them off of my plate once hers are gone. I love it when kids love their vegetables! These will go well in your salsa that you can now make that the tomatoes are really coming in.
- ❖ **Cilantro or Dill** – It looks like we will get cilantro in the Saturday boxes and Cill heads I nthe boxes for the weekdays. Cilantro is great with tomatoes and dill is amazing with cucumbers!
- ❖ **Kale** – I have had so many people tell me I can't send them enough kale. Hope you have also found ways to love this wonderful healthy green. I have found that it is great as chips, fresh greens in a salad or on wraps or tacos and even just raw when I need a little treat. Enjoy!
- ❖ **Peppers** – The peppers are coming in strong from the field now too! Way to grow peppers!!!
- ❖ **Cucumbers** – We are picking these every other day but it is so hard to keep them super small because they are growing so fast! We are trying hard though! ☺
- ❖ **Tomatoes**– Here they come! Our tunnels of tomatoes are now producing. This is a wonderful addition to the boxes. Some of our favorite ways to eat tomatoes are on salads, in a BLT sandwich or just sliced with a bit of salt or sugar on them. Also great for caprisi salads with cheese and basil. I love tomato season!
- ❖ **Kohlrabi** – Remember besides eating htis raw like carrot sticks you can also saute this, cut it in chunks and use it as a substitute for potatoes in your soups, or make mashed kohlrabi. Delicious!
- ❖ **Hot Pepper** – We will send out either anaheims or jalapenos this week. The Anaheim chilis are long and green. They look like a green banana pepper. These are about one third as hot as a jalapeno pepper. Jalapenos have a bit more kick. They are dark green, smooth and sort of bullet shaped. Great to spice up a dish or use in salsa.
- ❖ **Yellow and Green Zucchini** - I put a recipe in for zucchini salsa today. I have a feeling that you may be looking for more things to do with your zucchini and summer squash. This would work breat for either. Don't forget to sauté these with some onions. That is such a delicious way to enjoy this produce.

- ❖ Summer Squash – If you don't feel like sautéing this or putting it in an oven or grill packet google summer squash casserole. It is a great way to use zucchini or summer squash. Also summer squash can be used the same as zucchini in a bread or muffin recipe. Try chocolate zucchini bread.

Garlic Dill Refrigerator Pickles

Makes 3 pints

2 pounds Kirby cucumbers
 1 1/2 cups apple cider vinegar
 1 1/2 cups water
 2 tablespoons pickling salt
 6 garlic cloves, peeled (2 per jar)
 1/4 teaspoon crushed red pepper per jar (3/4 teaspoons total)
 1 teaspoon dill seed per jar (3 teaspoons total)
 1/2 teaspoon black peppercorns per jar (1 1/2 teaspoons total)

Wash and slice the cucumbers. In a large saucepot, combine vinegar, water and salt. Bring to a simmer.

Arrange jars on counter and dole out the spices to each. Pack the cucumber slices firmly into the jars. You don't want to damage the cukes, but you do want them packed tight. Pour the brine into the jar, leaving approximately 1/2 inch headspace.

Tap jars gently on countertop to dislodge any trapped air bubbles. Apply lids and let jars cool. When they've returned to room temperature, place jars in refrigerator. Let them sit for at least 48 hours before eating.

Note: Pickles may be stored in the refrigerator for up to one month.

Zucchini Salsa

Servings: Makes about 8 pints

Ingredients

10 cups shredded zucchini
 4 onions
 2 green peppers
 2 red peppers
 1/4 cup pickling (canning) salt
 1 tb. salt
 2 tb. dry mustard
 1 tb. garlic powder
 1 tb. cumin
 2 cups white vinegar
 1 cup brown sugar (I used 1/2 cup Splenda Brown Sugar)
 2 tb. red pepper flakes (I used 1 tb.)
 1 tsp. nutmeg
 1 teaspoon black pepper
 5 cups chopped ripe tomatoes
 2 tb. cornstarch (I used clear jel)
 12 oz. tomato paste

Directions

1. Day One: In a large bowl, combine zucchini, onions, green pepper, red pepper and the salt. Mix together, cover, and let sit over night.
2. Day 2: rinse and drain well, the zucchini mixture and put into a large pot. Add mustard, garlic, cumin, vinegar, brown sugar, pepper flakes, salt, cornstarch, nutmeg, pepper, tomatoes and tomato paste.
3. Bring to a boil and simmer for 15 minutes. Pour into sterilized jars and place flats/rings.
4. Water bath jars for 15 minutes to seal.

Next Week's Box

It looks like we should have these crops for next week's Box....

- ❖ Basil – Lemon or Italian Large Leaf
- ❖ Onions – Red Yellow or Bunching onions
- ❖ Cucumbers
- ❖ Red Potatoes
- ❖ Peppers – We are hoping they start to turn color soon
- ❖ Basil – Lemon or Italian Large Leaf
- ❖ Summer Squash and Zucchini
- ❖ Tomatillos or eggplant for some of you