



My basket this week may include

- ❖ **Red Potatoes** – It is always fun to hear all the comments we get about the potatoes we grow. I forget how different they must taste than the typical store bought potatoes since we rarely eat any we don't grow. More reds this week with different varieties coming soon!
- ❖ **Sweet Success, Diva, Python, Lisboa and Darlington Cucumbers** – The cucumbers are coming in nicely again. I am not sure if we will have enough for two for half shares and four for full but we will see.
- ❖ **Dill** – Pickles anyone? Dill is a great herb to meld with those cucumbers you are getting. I'll add a recipe below or use your family favorite.
- ❖ **Spring Onions** – We are sending out onions again this week. We have trimmed off the ends and they are ready to use. Watch out! They make me cry. ☺ Sauté them up though and even my little kiddos love them!
- ❖ **Garlic** – Our garlic is half way harvested. We had a full tunnel filled with it. They are a little smaller than typical but still amazingly delicious!
- ❖ **Kohlrabi (full shares)** – We realized we didn't harvest the last couple rows of kohlrabi out of the high tunnels from this spring. We harvested three kohlrabi on Wednesday all of them almost exactly 7 lbs. They are still not woody but don't think you would like to have one of those in your box, not much else would fit!
- ❖ **Beets** – The beets are now coming in nicely. We'll try and get them to you with the tops still attached. Beet greens are edible but wilt rather quickly when left attached to the beet. Let us know how they arrive.
- ❖ **Lettuce** – We may or may not have enough lettuce for you this week. We will get you some if we can but we will just see what is ready. My guess is you are probably not desperate for it though since this would be your 8th lettuce week in a row.
- ❖ **Tomatoes** – This week I believe we will have enough for everyone to get their tomato.
- ❖ **Kale** – This super healthy green can be made into chips, sautéed or used in eggs or soups. This is also great as a substitute for lettuce in sandwiches or wraps.
- ❖ **Summer Squash and Zucchini** – Make breads, cakes or sauté it with onions.

Summer Sauté

- Zucchini
- Tomatoes
- Onions
- Olive Oil
- Salt
- Pepper
- Garlic
- Oregano
- Thyme (or other optional seasonings)

Cut zucchini into bite sized pieces. Cut up fresh tomatoes. Chop fresh onions. Coat the bottom of pan with olive oil. Put all ingredients together in a frying pan (I use cast iron) and add salt, pepper, fresh squeezed garlic, oregano, thyme, or whatever Italian seasonings you like. Fry on medium heat for about 10 minutes.

It's so simple and tastes so good.

Might be good on pasta, too, with a little tomato sauce added?

Member submitted recipe:
Thanks Wink! ☺

Cucumber Side Salad

- 3 large cucumbers
- 1 tsp salt
- 14 cup white sugar
- 1/8 cup water
- ¼ cup distilled white vinegar
- ½ tsp celery seed
- 1/4 cup chopped onion

Slice cucumbers very thin. Sprinkle with salt and let stand 30 minutes if desired. Squeeze the cucumbers to release moisture. Mix the sugar, water, vinegar, celery seed, and onions. Add the cucumber to the mixture and refrigerate. This is best if left in refrigerator for an hour or more. I might add that dill you got in your box too to add a great dilly flavor. ☺

Next Week's Box

Here's our best guess for next week...

- ❖ Green Beans
- ❖ Onions
- ❖ Tomatoes
- ❖ Cucumbers
- ❖ Red Potatoes
- ❖ Peppers (if we can harvest enough)
- ❖ Citrus Basil
- ❖ Cantaloupe or Sweet corn in next couple weeks

A Call from the Dispatcher at 3 AM?

Many people's first thought when a call comes in the middle of the night from the dispatcher would be where are my kids, for us it was, "Where are my cows!?" Yes at 3:00 AM we got a call that our cows were out. A midnight jog with your husband is so romantic right? Our cows haven't gotten out for a long time so this is so strange. We went towards the main county road and they weren't there. Then we saw lights by our shed and the sheriff was there. He said the cows had wandered to the neighbors and back. After following cow tracks by flashlight we tracked them right to their pasture where they were. At least they were in but then the search was on for how and why they left. After all that adventure it was sort of hard to get back to sleep.

Yikes, It is so busy out here! We have had an amazing growing season for all of the crops and the weeds too. We are desperately trying to stay on top of the weeds, trellising and harvesting of everything. Yikes! We are not keeping up on anything perfectly except for harvesting. We can get everything into boxes but there is so much more out there that could be donated if we only had time to get it harvested. We are working on getting done what we can.

The mosquitos are still everywhere but they are much less annoying than they were a week ago. Maybe we are a little bit used to them? It still is horrible to have them by the kids and biting us when we are trying to work. Maybe the nights that are going to be a little cooler will help, or at least I can hope!