



## My basket this week may include

- ❖ **Fennel** – Fennel is a wonderful, yet not commonly used vegetable. It has a sweet, licorice flavor. This is great chopped thin on salads or put into rice dishes. I have included a great potato, fennel recipe below. Here are a lot more options too! [http://www.huffingtonpost.com/2013/12/11/fennel-recipes\\_n\\_1152097.html](http://www.huffingtonpost.com/2013/12/11/fennel-recipes_n_1152097.html)
- ❖ **Superior Potatoes** – These are similar to a Kennebec potato. They have a great white flesh and smooth skin. Great baked, boiled, mashed, broiled or fried.
- ❖ **Jalapeños and Anaheim Peppers** – The long light green Anaheim peppers are barely spicy. The green jalapeños have a bit more kick! Hopefully I can get you a few more tomatoes this week so you can make salsa. Unfortunately, the sun is not cooperating with tomato ripening.
- ❖ **Green Beans** – Many hours have been spent in the bean field by our crew. Our crew has left us for high school or college and team Braatz and Warner has picked up the slack. Thanks for volunteering!!! There is lots of produce to pick in the remaining 7 weeks of the season. Lots of good things to come!
- ❖ **Cucumbers** – Some of you have been looking for cucumbers. We have plenty right now. We sell seconds (ones with bumps, crooked or scaring) for cheap. If you want firsts we will charge .50 a LB for members. Just let us know what you need.

- ❖ **Tomatoes** – Looking for bulk tomatoes? We now have tons. You can order seconds, imperfect tomatoes on the website. I haven't set up a bulk order for firsts but let me know if you would like them. I can get them to you.
- ❖ **Onions** – More Yellow Onions this week. Great sautéed and put on a burger. Need burger? We sell patties and ground beef on our website. 😊
- ❖ **Peppers** – The peppers in the high tunnel are huge and beautiful. It is nice to let them grow and mature and not pick them prematurely. All peppers are bell or sweet peppers except the long green and red, Anaheim Chilies and the shorter slender green jalapenos.
- ❖ **Parsley** – The parsley is beautiful. As long as we have the stamina to bag these time consuming crops we will get you parsley this week and hopefully basil next.
- ❖ **Additions** – Sometimes if the box doesn't look full enough I put a random 'extra' in the box too. This is not part of what you paid for but just something I had extra. If you see tomatillos, kale, bok choy, swiss chard, or anything else not on the list just count it as an extra blessing! Enjoy the bounty!

### Still Sitting in Field:

Pumpkins, Acorn Squash, Butternut Squash (although pretty little yet), Beets, Tomatillos, Carrots, Spaghetti Squash, Eggplant, Yukon Gold Potatoes, Red Gold Tomatoes, Apples (not in the field though) 😊 Cantaloupe and lots more!!

## Crazy Fair Week

The kids had a great fair week. They showed their chickens, ducks, bunnies, sheep and cows. They also built a table, brought some potato and vegetable baskets and a cool solar electrical project too. We will share pictures of this awesome crew!

They also participate in animal interviews where they are quizzed on a rabbit's gestation (30 days), the amount of pores on an egg (10,000) and what are some common sheep diseases and treatments? Lots of fun and learning and the children all won ribbons in 'showmanship'. Very fun to be a part of but I am so exhausted! Bringing more than 30 animals through the beauty shop is pretty busy. ☺

Now Abby is at the State Fair. Busy Quiz Bowl, cooking competitions, shows, and more!

## Cucumber Dill Greek Yogurt Salad

### Ingredients

- 2 large cucumbers (about 2 pounds)
- 4 tablespoons plain greek yogurt
- 1 tablespoon fresh dill
- 1 tablespoon rice, red or white vinegar
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder or use garlic

### Preparation Instructions

1. Peel, half, seed, and slice cucumbers.
2. In a medium bowl, combine yogurt, dill, vinegar, sugar, salt, pepper and garlic powder.
3. Add cucumber to bowl and toss with yogurt/dill mixture until combined well.
4. Additional salt and pepper to taste, if needed.
5. Refrigerate covered until ready to serve.

<http://shewearsmanyhats.com/2013/05/cucumber-dill-greek-yogurt-salad/>

## Next Week's Best Guess

Green Beans	Onions	Cucumbers
Tomatoes	Tomatillos	Peppers
Spaghetti Squash	Cantaloupe	
Basil or Dill	Red Gold Potatoes	

## Crispy Cream-Braised Potatoes and Fennel

- 3 yukon gold potatoes (about 1.5 pounds) – peeled and cut into irregular 1.5" to 2" chunks
- 2 fennel bulbs (about 1.5 pounds) – trimmed (with tough or bruised outer layers removed), then cut lengthwise into wedges about 1.5" wide (leaving
- About 2 to 3 cups of half-and-half or cream, or enough to cover the vegetables
- 1 bay leaf
- 1/4 teaspoon fennel seed
- Kosher salt + freshly ground black pepper
- 3 or 4 large sprigs of thyme, leaves removed and finely chopped
- 1 large leafy sprig rosemary, leaves removed and finely chopped
- Heaping 1/4 cup finely grated pecorino romano or parmesan
- Zest from one small orange, finely grated
- Olive oil

1. In a 3 to 4 quart pan, combine potatoes, fennel wedges, bay leaf, and fennel seed. Add enough half-and-half to fully cover the potatoes and fennel. Season generously with kosher salt and freshly ground black pepper. Over medium-high heat, bring the half-and-half to a simmer, then lower heat to just maintain the simmer. Cook until the potatoes and fennel are soft and tender, about 20 minutes. Take off the heat. The potatoes and fennel should be fully cooked at this point.
2. While potatoes and fennel are braising, preheat broiler to medium-high. In a small bowl, combine rosemary, thyme, pecorino, and orange zest.
3. Remove potatoes and fennel wedges from the half-and-half with a spider or slotted spoon, and place in a casserole dish. Some of the half-and-half will cling to the vegetables, which is a good thing. Make sure to generously coat the bottom with olive oil to prevent sticking. Taste and add salt and pepper to preference. Toss with olive oil (about 1 tablespoon), then the herb-cheese-orange zest mixture. Arrange the potatoes and fennel wedges in a single in dish.
4. Place the casserole dish under the broiler (about 6 inches away from the source of heat). Broil for about 3 to 5 minutes or until the potatoes and fennel are caramelized and crispy around the edges. Just leave them under the broiler until they've reached your desired crispness!