



## My basket this week may include

- ❖ **New Red Potatoes** – It was so fun to dig our first 3 rows of potatoes! Those cute red jewels under the surface are so fun and so delicious. They start out smaller and get bigger (typically) as the season goes on.
- ❖ **Cucumbers** – The cucumbers are finally coming in! It is so fun to have cucumbers again! We enjoyed ours on a taco salad this last week and are excited to have cucumbers on our sandwiches. Num! The first tunnel of cucumbers is now getting in full swing and the second tunnel is just beginning. We will plant one more later tunnel in the next week or two. Hopefully then we will be able to enjoy these delicious treats into the fall.
- ❖ **Zucchini or Yellow Zucchini** – The first patch of zucchini is really picking up! The summer squash is still producing about 4 times as many as the zucchini but that should change soon. The zucchini really rocks once it gets going. The second patch isn't too far behind either.
- ❖ **Broccoli** – How we love broccoli. It will store best in a bowl of super cold water. Otherwise just cut it up and put it on your salads, make broccoli cheese soup or boil or broil it. Delicious!
- ❖ **Basil**– Basil is such a great versatile herb. This is wonderful in a caprice salad, sorry our tomatoes aren't quite ready yet, or use it on garlic bread. So good! FYI This turns black when it gets too cold.
- ❖ **Spring Onions** – We harvested the last of our onions that are not on plastic. These tend to be a bit smaller Just like the potatoes the onions should get larger, generally as the season goes on. Wow, I am excited for sautéed onions. I guess I should make them sometime!
- ❖ **Cabbage** – Crisp coleslaw anyone? Our favorite ways to use cabbage is in coleslaw or just steamed or boiled as a side dish with a bit of coconut oil, salt and pepper. Another great recipe is hamburger soup. This uses tomatoes, hamburger, onions and cabbage. It is one of my kids favorites. Here is a link that is similar to my recipe, except I don't need the cans around my produce. 😊  
<http://allrecipes.com/recipe/12921/hamburger-soup-i/>
- ❖ **Peas, Beans, Kale, Kohlrabi or Beets** – Depending on how full the boxes look and what other produce we have, and time we have to pick everything, there may be any of these things in your boxes too. 😊
- ❖ **Some Kind of Lettuce** – We have multiple varieties of lettuce. We have the typical green romaine we will be sending out. So crisp and delicious. There are a few other varieties you may also receive. A red frilly leaf lettuce or the similar but green frilly leaf lettuce. These are very light and their texture matches their taste. I also have a few red romaine heads. If they are smaller heads I will put two in a bag. I may mix and match and you can be surprised about what you get. 😊

## Fun Farm Photos



Green Beans

New Baby Red Potatoes

Cucumbers

Tomatoes and Peppers are getting closer to ready

Kale

## Here We Go!

This year has been very different than last in so many ways. One of the most drastic differences is our lack of employees. We still are mostly managing to get our work done. Our kids and two high school employees (one of them is out sick for 3 weeks) have really pulled us through. If you want to come out and help you can come Monday or Friday anytime from 7 until 5 or Tuesdays or Wednesdays from 1-4. Those are our busiest times when we especially love helpers. We typically are harvesting or weeding at these times. Once school starts we will be down to just our family and our volunteers helping us out. The Lord will provide either strength for us or people to help. We trust in Him. It is always just a little uncertain as we are waiting for an answer. 😊

## Roasted Veggies

Roasting is one of my favorite ways to cook veggies when I don't want them to go bad and have no specific recipe for them. You can roast pretty much any vegetable. So of course with a handful of red potatoes, a couple of kohlrabi, and some spring onions I figured I'd roast them up as a simple side dish.



### Ingredients:

- Red potatoes, peeled and quartered
- Kohlrabi, peeled and cut into equal size pieces
- Spring onions, quartered
- Olive oil
- Kosher salt and freshly ground pepper

### Directions:

1. Preheat oven to 400 degrees F. Spray a flat baking sheet with nonstick cooking spray and set aside.
2. Place cut up vegetables in a medium-size bowl and toss with olive oil, salt, and pepper. Use just enough oil to coat the vegetables — you don't want the vegetables sitting in a pool of oil.
3. Transfer the vegetables onto the baking sheet and roast in the oven for 30-45 minutes, until fork-tender, but crisp on the outside.

Note: It is best to cut the vegetables in equal sizes so they cook at the same rate.

### Nutrition Note:

Kohlrabi is a member of the turnip family and also considered a cruciferous vegetable. One cup of cooked kohlrabi has 48 calories, 3 g protein, 11 g carbs, 2 g fiber, 0 g fat, and more than 100% of the **vitamin C** you need per day! It's also a great source of **potassium**, which may help lower blood pressure.