



My basket this week may include

- ❖ **Cabbage** – It is time to put cabbage in again. I have green and red cabbage. I will put in some of each. I would love to do one week of each color but I don't think I have quite enough. I really enjoy cabbage soup or boiled cabbage with coconut oil, salt and pepper.
- ❖ **Cantaloupe** – We have 4 varieties of cantaloupe. They all look a bit different. There is one called Lilly. This is a true cantaloupe but looks like a yellow football. Canary is the bright yellow round melon with no webbing. Galia is the green fleshed melon. The last one is Athena, your typical looking melon. They are all delicious and ripe when they smell good. ☺ Enjoy!!!
- ❖ **Yukon Gold Potatoes** – We are sending out yukons this week. They are so moist and buttery. We are so excited to only have nine 300 foot rows of potatoes yet to dig. I know, that still sounds like a lot but we had 23 rows so we are really getting down there. It is nice to start to see the work come down to the end.
- ❖ **Summer Squash and Zucchini** – This is still a super treat for me. You can eat them raw and sliced thin with a little salt, hummus or ranch dip. Cut these up in chunks on your salad or bake them in casseroles or spaghetti sauce. That is if you are done with sautéing which is still my absolute easy go to meal.
- ❖ **Tomatoes** – We have tomatoes! If you need canning quantities now is the time to let us know. They are plentiful, beautiful and ready to be used. Let me know if you want any. ☺
- ❖ **Cucumbers** – This is another crop that is coming to a halt quickly. We are hoping to have cucumbers for another couple weeks but we will see what the weather does to see if the plants cooperate with that hope.
- ❖ **Onions** – Yellow onions are such a treat. We LOVE them sautéed . These store great but if you are concerned about them going bad you can always dry them or chop and freeze them. We have stacks of onions in the packshed. Also we only have 3 rows of onions yet to harvest. That is down from 15 so we are excited about that too. At this time of the year we are just excited about winding down the intense need to harvest and weed all of the time. We are working way too many hours each day and week but we are still living the dream.
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- ❖ **Kohlrabi** – Kohlrabi is great cut up on salad, cooked or eaten raw like carrot sticks. You haven't seen it for awhile from us anyway, so here is one more taste, probably the last one, until next spring.

- ❖ **Spaghetti Squash** – This squash is typically cooked like a regular squash, cut in half, seeds scooped out, add an inch of water in the bottom of the pan and then baked until soft in the middle.
- ❖ **Sweet Peppers** – This has been such a wonderful year for peppers. I can't imagine having another year as amazing as this with pepper production but I am praying that we do. Hopefully we have just figured it out and we are set but each year the weather conditions are so different we sort of never know. This whole farming thing is awesome because it keeps us on our toes!
- ❖ **Basil** – A few weeks back I said I was going to send out basil and then because of time restraints (fairs and picking hundreds of pounds of beans) I didn't get to it. This week I am hoping to get everyone basil. If I don't have it I will send out lemon basil. Sorry about the change. Thanks for understanding.

The Season of Harvest

Wow! Here comes the produce! Tomatoes, potatoes, onions, squash, cantaloupe, cucumbers, beans, peppers and some more 'different' things like fennel, tomatillos, eggplant, kohlrabi and swiss chard. There is such abundance! If you are interested in coming to pick anything for a fraction of the price let us know. We are so blessed and would love to pass that on to you too!

All this harvest is very exhausting but very fulfilling. Our backs are sore, our muscles are tired, but our hearts are full. We are longing for a day where we can sit without the pressure of all that needs to be harvested TODAY but we are really living the dream. I pray that our dream is blessing you in at least little ways. This is what we feel our purpose is right now, raising our kiddos and growing great meat and veggies. Thanks for supporting us in our current mission. ☺ We feel very blessed, extremely tired, but yes, very blessed.

Chicken with Tomatoes and Garlic

Member Submitted Recipe: Thanks Sarah!

- 1 cut-up chicken
- Salt and pepper, to taste
- 3 tablespoons olive oil
- 1 tablespoon butter
- 3/4 cup white cooking wine
- 3 medium-large tomatoes
- 1 6 oz. can of tomato paste
- 1 medium onion
- 1 package of fresh, sliced mushrooms
- Fresh basil
- 8 cloves garlic

Preheat oven to 375 degrees. Salt and pepper chicken.

Heat ovenproof skillet or dutch oven over medium-high heat. Add olive oil and butter. When oil/butter is hot, add chicken to the pan. Using tongs, brown on all sides, about 2 minutes. Remove chicken from pan.

Pour in wine (very carefully!), scraping the bottom of the pan to loosen any bits. Cook for 1 minute. Pour in tomatoes and tomato paste. Add salt and pepper to taste, stirring to combine. Bring sauce to a boil, then turn off heat. Add plenty of fresh basil, 8 cloves of peeled (but whole) garlic, and the onion and mushrooms. Stir to mix all together. Add the chicken. Put lid on pot and cook in the oven, checking the doneness of the chicken after 30-35 minutes. Continue to cook until the chicken is cooked through, about 45 minutes total.

Remove lid and check sauce. If it's overly thin, remove the chicken from the pot and boil the sauce on the stovetop for 5 to 10 minutes. Check seasonings and adjust as needed. To serve, pour sauce over cooked pasta, rice, or mashed potatoes, then arrange chicken pieces over the top. Adapted from:

<http://thepioneerwoman.com/cooking/2010/04/chicken-with-tomatoes-and-garlic/>

Next Week's Box

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

- ❖ Kabocha Squash
- ❖ Potatoes
- ❖ Peppers
- ❖ Tomatoes
- ❖ Cucumbers
- ❖ Onions
- ❖ Kale
- ❖ Red Onions
- ❖ Hot Peppers