



## 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, Lisboa and Darlington Cucumbers** – The cucumbers are coming in nicely again. I believe we will have enough for two for half shares and four for full shares. The cucumber crop is coming in great. If you would like cucumbers for pickling let us know.
- ❖ **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!
- ❖ **Peppers** – The peppers are coming. I think we will have enough for everyone to have a bell pepper and a hot pepper. No colors yet but they are coming.
- ❖ **Summer Squash and Zucchini** – Make breads, cakes or sauté it with onions.
- ❖ **Apples** – We harvested our first apple tree yesterday. A rain moved in so we only got about half of the tree harvested. We got a little over 100 good enough to send out apples. We are hoping that we will get about 200 more so everyone can have two apples in their basket. These apples are grown organically so they are not perfect but they are not covered in poison either. Crazy tractor apple story: When we bought our cab tractor in Michigan we noticed that there was lots of caulking around the windows. We asked the salesman why it was like that and he said, the chemicals they spray on the apple trees are toxic to humans so they caulk the seals around the windows so the driver is safe. Interesting huh? But there are no bugs in those apples. I think I know what I prefer. All that being said, just in case you might want to cut your apple and not just bite into it.
- ❖ **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.
- ❖ **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 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
- 1/4 cup white sugar
- 1/8 cup water
- 1/4 cup distilled white vinegar
- 1/2 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...

- ❖ Eggplant
- ❖ Onions
- ❖ Tomatoes
- ❖ Cucumbers
- ❖ Yukon Gold Potatoes
- ❖ Peppers Bells and Hot
- ❖ Parsley
- ❖ Maybe Melons or Spaghetti Squash

## Random Farm News

The mosquitos are not that terrible!!! I know when I go back and look at this in future years I will be jealous so I am just going to say, "Thank you Lord!"

The crops are growing beautifully! The weeds are going great too. We are trying to keep ahead of them in most of the crops unless they are just about ready to be harvested. Then we let them go until we can harvest the crop and till the ground under when we are done.

The plants are growing so great we are in desperate need of trellising! Our tomato rows in high tunnel 6 are easy to pick as long as you like crawling under a tunnel with tomato vines on each side and on top of you! ☺ We will have to trellis these on our rebar and twine trellis soon or it will get really tricky! If you want free tomato trellising lessons let me know! We will train you and you can even practice here.

The great thing about having animals on pasture is they are eating what they are supposed to and you don't have to mow. The hard part is it isn't permanent fences that are solid and impermeable. Lately it is about every other day that one of the kinds of animals is out when we wake up. Lately it has been the 4-H chickens one day, the pigs another, the sheep a couple days later. Luckily they are kind and easy to get back in to their correct fences. In many ways I would like to let all of my animals run free but then they would enjoy the produce that I would like to eat. That wouldn't work well.