



July 9 In Your Box *

Romaine
 Scallions
 Carrots
 W: Broccoli or
 cabbage or peas
 W: Sage
 W: Beets
 H: Peas
 Q: Swiss Chard
 H & Q: Basil

Recipes

- See the vegetable notes this week. And don't forget the recipe archive!



Hulling leftover past prime strawberries for freezing was a big hit . . .

**Depending on your share size, you may not have every item listed. Don't worry, we do our best to make sure everyone gets some of everything before it runs out. Questions? Let us know.*

Many years ago in my “past life,” or pre farmer days, i worked in outdoor retail. In that racket, an attitude prevailed that the season was halfway over following July 4. Sales of major durable goods slumped. The focus became service, repairs, maintenance.

Thankfully, those days are over. Now, post-Independence Day welcomes a new season. In produce farming, it really starts to happen now. Soon our harvests go from green and crunchy to juicy and sweet. Welcome summer squash, cucumbers, sweet onions, sweet corn, and don't forget melons, tomatoes, and the rest. Doesn't that sound good? We have appreciated your patience through this slow spring. now let's all do a little rain dance and make July not too dry. Here at the farm we continue to sow and grow and weed and harvest at a pace that is definitely not halfway anything! Stay tuned,
 Chris

Kari's Column

Welcome to week 6, I hope everyone had a great holiday weekend. My husband Mark and I went to our cabin last weekend and enjoyed the first cool 4th that we can remember the last couple of summers. On the flip side, we were thinking about how the cool summer is not helping the veggies grow, so not such a good thing. Even our personal garden is suffering this summer. This week the weather has been nice, not too hot or cold. Things seem to still be growing, we just need some rain. I know, if we aren't complaining about the cold, we're complaining about the rain. I am excited to report that the first young summer squash are starting to appear, one of my favorite summer treats. I personally picked them for 7 weeks last summer, and was told I would be doing it again this year as I am the only crazy person who enjoys it, but I do :) Enjoy your box and have a great week, Kari

Vegetable Notes (and recipes of a sort too):

Information on chard, peas, basil, scallions, carrots, romaine, beets and more can all be found in the previous weeks' newsletters!

Broccoli—I know we've given some of this already, but I'm not sure I ever covered it in here? A dip in a sink full of lightly salted water will take care of any pests like little cabbage loopers on your broccoli. Then, eat raw—it's quite sweet. Blanch and freeze for later, as we do for Calvin. Or saute or steam. We make a white pizza—broccoli and chicken on alfredo sauce, topped with mozzarella. It's delicious.

Cabbage—We've discovered in the last few years that we actually like cooked cabbage. We slice it a little thicker than you would for cole slaw, and then quickly saute it in a little butter and garlic. Keep it crunchy and it's a great side. Not at all what the words cooked cabbage bring to mind! Store your cabbage in a plastic bag in the crisper, and it will last seemingly forever.

Sage—a new herb for whole shares this week. My favorite thing to do with it in summer is a brown butter sauce for pasta. Chop up about two tablespoons of leaves, add them to about a third of a stick of melted butter in a frying pan, and let it froth for about 30. It will turn a golden brown. Spoon over pasta and enjoy. It's a very distinct fresh flavor! You can also dry your sage for use later.

Recipes

Check our recipe archive (<http://middleburyhills.com/recipes.html>) for more ideas.

Looking at my crisper drawer beginning to overflow with leftover radishes, chard, carrots, beets, broccoli shoots, and more, I made a big batch of pasta salad this week—a bunch of rotini, every vegetable in the drawer sliced or diced, some feta cheese and salad dressing over the lot. Chill, and then if you're me, eat for lunch all week long. It's a great way to use up the bits and pieces that always seem to be left behind!

Beet and Walnut Salad

1 small bunch beets
1/4 cup red wine vinegar
1/4 cup chopped apple
1/4 cup chopped celery
3 tablespoons balsamic vinegar
1 tablespoon olive oil
1 tablespoon water
8 cups fresh salad greens
Freshly ground pepper
3 tablespoons chopped walnuts
1/4 cup Gorgonzola cheese, crumbled

Steam raw beets in water in saucepan until tender. Slip off skins. Rinse to cool. Slice in 1/2-inch rounds. In a medium bowl, toss with red wine vinegar. Add apples and celery. Toss together. In a large bowl, combine balsamic vinegar, olive oil and water. Add salad greens and toss. Put greens onto individual salad plates. Top with sliced beet mixture. Sprinkle with pepper, walnuts and cheese.

Farfalle with Swiss Chard

1 bunch Swiss Chard
2 cloves garlic
1 teaspoon red pepper flakes
1/4 cup olive oil
1/2 pound Farfalle
Salt and pepper
Parmigiano Reggiano

Cook the farfalle according to package instructions, usually about 11 minutes. The sauce will be done in that time. Wash and dry the swiss chard, and then remove the leaves from the stems. Coarsely chop. Heat the olive oil over medium heat. Toss in the garlic and red pepper flakes; cook 3 minutes. Add the Swiss chard; cook 5 minutes more or until its water evaporates. Season with salt and pepper, and toss with the cooked farfalle. Grate some Parmesan on top just before you dig in.

TIP: Save your swiss chard stems if you're planning anything that would ordinarily involve celery—like tuna salad. The stems make a great, flavorful substitute!

