



In Your Box* 7.31.08

Tomatoes
Basil
Summer Squash
Beans
(one or more of 3 colors)
Walla Walla
Scallions
Red Norland Potatoes
Garlic!

Don't forget to look in our
Recipe Archive!

* 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.

Seeding and transplanting and watering, watering, watering. That's been our week (or really, Chris and Kari's)! We've planted pounds more peas. Cross your fingers that they'll germinate despite this heat. I think this makes the fifth round of peas we've planted this year, trying to make up for what we lost. Fall peas are kind of a gamble (germination problems with the heat and then frost problems all too soon as they grow), but I know many of you didn't get any spring peas, so we're really hoping we'll get something going. Do you realize our usual first frost date is only 8 weeks away? This summer is flying by.

Vegetable Notes

We're in a transition now—from early stuff with lots of greens to mid-summer with (I can't help but think of it this way) all the good stuff! There's an early egg-plant on my kitchen counter! I just love the gorgeous purple color.

Tomatoes—Our digital camera decided it was finished taking pictures this week, so I haven't been able to take the promised tomato pictures (much less Calvin pictures!). The farm will be making a small camera investment in the near future, so they're still coming.

Basil—best stored with the stems in some water in the fridge (but not in the coldest area). Basil is happy around 45 degrees. If you keep your fridge quite cold, keep your basil on the counter. I'm not giving away our pesto recipe, but the next best thing I do with basil is top fresh mozzarella and tomatoes along with a dash of olive oil and balsamic vinegar. And it's always good on pasta—especially with the garlic too!

Garlic—preferably store somewhere with some air circulation. These are still curing to a slight degree, though we're using them up so fast they never really have a chance . . . You're getting Inchelium garlic this week. Big, slightly sweet, but still with a nice garlic bite.

Red Norlands—the first potatoes! Dug not entirely by hand this year, but by using our new potato digger, which I'm sorry I missed seeing in action. I'm told it was quite a success. When you've done a chore like digging potatoes by hand for a few years, it's funny how excited you can get about seeing a tractor and implement do it instead! Red Norlands are great for potato salads, or baby roasted potatoes.

Farmer Kari's Column

Wow this has been a hot week! I told Chris that I think I have actually, truly sweated for the first time since working at Middlebury Hills. I mean, the kind where it actually drips off your face! And no, that does not mean I am not working hard enough, it just means I am one of those people that is usually cold. It has been a long, tiring week of more planting and picking. And we really, really need rain. If anyone knows a rain dance, please do it as many times as you can! My time is now consumed with picking. Summer squash, beans and tomatoes need to be picked daily. Yes, I did say tomatoes, they are coming along nicely. As mentioned in the previous newsletter, we need to give to certain locations each week depending on how many we have. Don't worry, I make sure it all ends up fair and eventually we should have plenty. On Tuesday this week we got to do the first potato dig. This year it was made much easier by one of the attachments on the tractor, but it was still a hot, dirty job!

I love this time of year because of the produce available. Though I do not call myself a vegetarian, I do tell people I do not eat land animals (I still eat and love

fish, though I am selective about it). Therefore, vegetables, fruits, dairy, eggs and grains are essentially what I eat. Luckily, there are so many things you can do with tomatoes, squash, beans, potatoes, onions and lettuce (yes, I do eat a lot of salads). It just makes my head spin to think of the possibilities. Literally, I love to cook and keep thinking about what I can make. So, here's my suggestions for recent recipes I have made:

First, Green beans-

Roast green beans in the oven with a little olive oil and salt and pepper. Mix olive oil, balsamic vinegar and (1-2) crushed cloves of garlic in a bowl with salt and pepper. When beans are done, toss with the mixed dressing. Top with toasted Pine Nuts (or almonds) and slivers of Parmesan. I found this in 'Asparagus to Zucchini' and found it delicious!

Second- Not so much a recipe, but we have started thinly slicing the yellow summer squash and patty pans and putting them on top of our salads. Very tasty and pretty!

Hope you have a nice weekend, and stay cool, Kari

More Recipes

Squash Casserole

- 2 pounds sliced yellow summer squash
- 4 ounces butter
- 1 1/2 cups shredded mild Cheddar cheese or Monterey Jack
- 1 cup buttery crackers, crumbled
- 1/4 cup milk
- 2 eggs, beaten

Boil sliced squash in water until just tender. Drain well and add butter, 1 cup of the cheese, 3/4 cup cracker crumbs, milk, eggs, and pepper. Mix well and pour into a buttered 2-quart casserole or baking dish. Sprinkle reserved cheese and cracker crumbs over the top. Bake for 30 to 45 minutes at 325°.

Grilled Squash

- 2 tablespoons white wine vinegar
 - 2 tablespoons fresh lemon juice
 - 1 tablespoon minced garlic
 - 2 teaspoons chopped fresh thyme leaves
 - 1/3 cup extra-virgin olive oil
 - 1 1/2 pounds (3-4) zucchini and yellow crookneck squash, sliced diagonally about 1/4-inch thick
- Whisk vinegar, lemon juice, garlic, oil, and thyme in a large bowl to blend. Season with salt and pepper. Spoon a few tablespoons of the marinade into a bowl and set aside. Toss the zucchini and yellow squash in the remaining marinade in the large bowl. Marinate at room temperature at least 3 hours or cover and refrigerate up to 1 day. Grill over medium-high heat until crisp-tender and brown, turning occasionally. Drizzle with the reserved marinade and serve hot or at room temperature.

BEEF!

If you're interested in sustainably raised beef, let us know. We have a partner farm.

Garlic Party
August 23
Stay Tuned for Details!