



In Your Box* 9.04.08

Tomatoes (all kinds)

Lettuce

Radishes

Cucumbers

Leeks

Bok Choy

Melons at some locations

Summer squash

as extras at your drop—it's finally petered out.



Calvin's getting ready to push a lawnmower around . . .

* 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.

It's a short week, with short news . . .

We still need rain. I find myself checking the clock at the first sound of a raindrop on our old metal roof and then counting the minutes, chanting things like "More than ten . . . More than ten . . ." So far, it's not working. But, cooler weather is nearly as welcome as rain would be after those few sweltering days, so I guess I can't complain.

I hope everyone's surviving the back-to-school week and traditional end of summer. We're still going strong, so if you want to avoid thinking about fall and winter, just concentrate on your vegetables! :)

Vegetable Notes

Melons—we've had both watermelon and cantaloupe so far. Yummy. And I just learned at lunch today that some people put salt on their watermelon and pepper on their cantaloupe! I'm going to try it out (I think—then again they're so good as they are), but let me know if you know other traditional toppings out there I've never heard of.

Radishes are back! They might be rather strong because it's been so hot. And I tell people this every year, though most people don't seem to try it (like the sauteed cucumber slices last week!): The best way to use spicy radishes is to slice and lightly saute them. They're delicious. Look for the chicken radish tortilla recipe in our archive . . .

Bok Choy—the adaptable cabbage. Salads, of course, or boil, steam, stir-fry or even deep-fry it. The thick stalks do have a longer cooking time. Shred or cut across the leaves, and cut the stalks into small slices. Just be sure not to overcook it. Like cabbage, stalks should be tender and the leaves just wilted, not mushy. I've heard bok choy called the poor man's arugula for it's slight bite.

Recipe of the week (hey, has anyone tried that tomato pie from last week yet?)

Bok Choy Salad and Dressing

2 cups sliced bok choy

1 cup cooked salmon (or chicken or other meat, or leave the meat out and add more bok choy)

1 cup sliced almonds or toasted walnuts

2 scallions, minced, or onion, minced

Fruit slices to taste (or not—I don't love fruit in my salads!)<apples or mandarin oranges or the like

1 cup nonfat plain yogurt

2 tbsp crumbled blue cheese or goat cheese if preferred

Break the salmon into bite-size chunks. Place in a large bowl. Add the bok choy, nuts, and scallions. In a small bowl, combine the yogurt and cheese. Combine with salmon mixture.

