



Do what we can, summer will have its flies.

~Ralph Waldo Emerson

News from the Farm

Welcome to Week 11. In field news we are starting to gain on the weeds and the fall crops look wonderful. The rain on Thursday night, Friday, and Sunday was well timed. Our kids woke up yelling with delight about rain. The crops grew inches overnight and we were happy to get full nights of sleep now that irrigation is not needed for a while.

The barn dance was as good as it's ever been. We loved meeting new CSA members, seeing old friends, eating great food, dancing and the general celebration. It is hard to believe that this is the 9th barn dance (10th if you count our wedding) and that we have been here for a decade farming away. Thank you from the bottom of our hearts for supporting us and building a great community with us. Also, we raised just over \$900 for the share-a-share fund to help support shares for lower income families. Thanks for all contributions and donations.

The only bad news of the week is that raccoons are raiding the sweet corn in a serious way. The second planting looks great but we will be setting up fencing to defend the crop. We have not had this issue in 8 years but apparently they are back. We are also excited for a little family time. We are heading out on our annual mini family vacation. Michelle and Hannah will be holding down the farm for 3 days while we are away so if you call, they may be the ones to return your phone call.

Have a delicious week- Kat, Tony, Rilev, Ted and Manle

Next Week's Best Guess: cucumbers, tomatoes, sweet corn, broccoli, zucchini, garlic, potatoes, basil, salad mix, carrots,

In Your Box

Onions-

Cucumbers-

Zucchini/Summer Squash-

Beefsteak, Heirloom Tomatoes and/or Cherry and/or saladette tomatoes – Saladettes look like mini roma tomatoes. These are all sweet and wonderful

Garlic-

Sweet Peppers- Purple or Green

Red Cabbage-fulls

Broccoli- Halves

Broccoli leaf- use like kale discarding or finely shopping large stem.

Cilantro- make fresh salsa this week or add to a cucumber and sesame slaw.

Hot peppers-Anaheim, jalapeno, hot wax or black Hungarian.

Celery

Pizza specials of the week – 5 veggie: summer squash, mixed peppers, onions, broccoli leaf, and tomatoes; Classic Margarita- fresh mozzarella, tomatoes, basil; Ham, Blue Cheese, Broccoli leaf, caramelized onions

Kat's Kitchen

Summer eating- this is our favorite time of year to eat and have a whole list of ideas for simple meals on the hotter and most busy days of summer on the backside. Our meals at this time of year are almost all veggies and it is wonderful to indulge in a dinner of roasted and raw salads, simple carbs like pasta with veggies and mock apple/zucchini pie!

Tomato time- Last Week's newsletter featured a tomato guide but was light on recipes and other ideas. This is the time of year to celebrate the ripe tomato. Some ideas without recipes (but trust me you can find many on the internet that fit these descriptions if you are a recipe cooker). Pasta with fresh tomato sauce (chop tomatoes and cook very briefly with olive oil and garlic) or with fresh cherry tomatoes, caramelized onion and ribbons of raw kale (added to hot pasta). Tomato frittata (egg, cheese, onions, garlic and tomatoes baked) or little tarts (you can buy small premade pastry shells and just add nice cheese (blue, goat or feta) with a slice of tomato and bake. Bake eggs in hallowed tomatoes (take mixed eggs, mix with onions, garlic, and tomato innards, and top with parmesan cheese bake at 350 until firm).

My simple summer squash recipe (that everyone likes)- halve small squash or cut medium/large squash into 4-5 inch 1/4-1/2 inch thick slices. In a bowl mix with enough sunflower or olive oil to lightly coat. Toss with adobo seasoning or a mixture of garlic powder, salt, peppers, oregano and paprika. A thickly sliced onion can be added too. Put in a single layer on a baking sheet bake at 350 until squash skin starts to bubble and squash are tender but not mushy (20-30 minutes). Remove from oven, sprinkle generously with parmesan cheese. Serve hot.

Super Summer Recipes

Simple Sandwiches

All work great with wheat or crusty bread. Serve with a simple cucumber salad or a cabbage slaw for a full meal.

Caramelize onions in olive oil adding garlic, green or red peppers, and if desired strips of steak or zucchini. Serve on bread with salt and pepper and melted Gouda or cheddar cheese.

Drizzle Bread with olive oil, top with slices of fresh tomatoes, basil and fresh mozzarella. Also works well with tomatoes, cucumbers, and sliced feta. You can lightly melt the cheese and serve open faced or smush with force between two slices.

Use simple soft sandwich bread and top with mayo or garlic aoli, salt, pepper and tomato slices.

Bruschetta can be made by toasting bread in smaller pieces and topped with fresh diced tomatoes, onions, and peppers marinated in a bit of salt and lemon juice or mild vinegar.

Need more ideas? Martha Stewart, Ina Garden, Epicurious all have great ideas for picnic and summer cooking.

Cold Soups for Hot days

Serve with bread and/or fresh greens with nuts or a side of quesadillas (with veggie filling).

Cucumber soup- 3 medium seeded cucumbers, ¾ cup. Thinly sliced green onions or shaved onion, 1 tbsp. lemon juice, 1 tsp. lemon zest, 1 tsp. Sea Salt, 1/2 tsp. Freshly ground pepper, 1 1/2 cup vegetable broth, ½ cup sour cream. Combine all ingredients other than onion and sour cream in a blender and blend to desired texture. Stir in sour cream and top with onions when you serve.

Gazpacho- adapted from the Barefoot Contessa

1 cucumber, halved and seeded, but not peeled, 2 bell peppers cored and seeded, 4 plum tomatoes, 1 onion 3 garlic cloves, minced, 3 cups ounces tomato juice (or pureed tomatoes), 1/4 cup white wine vinegar, 1/4 cup good olive oil, 1/2 tablespoon kosher salt, 1 teaspoons freshly ground black pepper

Roughly chop the cucumbers, bell peppers, small tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not overprocess! After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice (you can use 3 cups of pureed tomatoes instead), vinegar, olive oil, salt, and pepper. Mix well and chill before serving. The longer gazpacho sits, the more the flavors develop.

Summer Dips

Summer greens and garlic hummus – 2-3 cups greens destemmed, 1 can chickpeas rinsed and drained, ¼ cup (give or take a table spoon) olive oil, ¼ cup lemon juice (fresh is possible), 4 cloves garlic peeled (use 2 if you are not a garlic lover), ¼ cup tahini (not needed but it makes this much better), salt and pepper to taste (about ½ tsp of each). Put everything into a food processor (start with oil and garlic so garlic gets finely chopped), blend until creamy. Serve with veggies, in a wrap with roasted peppers and onions, or with pita or chips.

Cucumber, cilantro and yogurt dip – 2 cups plain yogurt (use Greek yogurt for a thicker dip), 1 cucumber coarsely grated (remove seeds first if large), 2 cloves minced garlic, ½ cup sour cream (optional if using Greek yogurt), 2 tbs lemon juice, ¼ cup fresh chopped cilantro, ¼ tsp black pepper. Combine all ingredients and mix well. Refrigerate for at least 20 minutes for tastes to combine.