



IN THIS BOX:

1/2# Salad Mix or 1/4# Wild Arugula
 1 b Rainbow Chard
 1 Melon - Rocky Ford
 1 Summer Squash - Golden Marbre or Zephyr
 1 # Okra
 1 pint Tomatillos
 2 Bell Peppers - Yellow & Red
 3/4# Green Beans - Dragon Tongue
 1 b Herb - Sage

PRODUCE



FRESH

About This Week's Produce

Wild Arugula AKA as Rocket, is an Italian favorite. It has leaves that are deeply lobed and a more pungent taste than the regular arugula. Arugula is a big seller for us at the market...we have a sort of following for this unique green! It can be eaten raw in salad or blanched and made into pesto or used as a side dish. Many people love the flavor, other think it is much too strong...a acid like lemon juice or blanching will mild the flavor! It seems to be a love it or leave it type of green and we hope you have enjoyed it. Nutritionally it is high in Vitamins A, C & B-complex (folic acid, riboflavin) & magnesium, calcium, manganese, potassium, copper, zinc & iron. Definitely a super food!

Okra - is back and we have heard from a few CSA members it is so hard for them to figure out what to do with it, so I have included 2 recipes this week for ideas on what to do with the okra. My good friend is from Guyana and her mom is here visiting and she has shared with me that okra is eaten very often in their country. She has given me some great tips on how to prevent the slime from forming in the okra while cooking...her is her verbal recipe that I tried last week and LOVED it!

Ingredients:

1 # okra, chopped (slice lengthwise and then chopped into small pieces)
 1-2 Tablespoons oil (olive or coconut)
 1 onion, chopped

Directions: Heat oil in frying pan over medium heat. Sauté onions until they are translucent. Add the small pieces of okra and cook until brown...the key is not to stir it too much and not to add liquid to the okra, both will cause more slime to form. Keep the okra DRY as much as possible while preparing it, if you keep the moisture away the gel won't seep out and you will end up with an amazing crispy outside with a soft chewy center. She also shared if you cook it for a longer time the slime will decrease. Oh and as always remember you can eat okra raw.. Bon appetit!

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Crispy Oven-Baked Okra Fries with Dukkah Seasoning

modified from The Baker Creek Vegan Cookbook

Ingredients

1 # okra
 1/4 cup coconut oil
 1 teaspoon sea salt
 pinch cayenne pepper- for flavor not heat

Dukkah Seasoning

1 cup blanched hazelnuts
 1/2 cup sesame seeds
 3 Tablespoons coriander seeds
 3 Tablespoons cumin seeds
 2 teaspoons sea salt
 1 teaspoon sucanat or coconut sugar (optional)

Directions

Preheat oven to 425 degrees F. Slice each piece of okra lengthwise into 2 or 4 strips, depending on the size of okra. Toss with coconut oil, salt & cayenne & place on a rimmed baking sheet. Roast, stirring one time midway, until crisped & edges are deep brown, 20-25 minutes. For the Dukkah seasoning, place hazelnuts on a baking sheet in the same oven as the okra. Toast, checking often to make sure nuts don't burn, until browned & fragrant, 8 to 10 minutes. Remove from oven & cool completely. Place the sesame seeds in a skillet & toast, tossing often, until toasted & fragrant, 3 to 4 minutes. Place on plate to cool. Add coriander & cumin seeds to same skillet & toast until fragrant & seeds begin to pop, 1 to 2 minutes. Place on separate plate to cool. Grind cumin & coriander in a spice grinder & transfer to a food processor. Add hazelnuts, sea salt & sucanat or coconut sugar & pulse until mixture looks like fine sand, being careful not to overprocess nuts, 20-25 pulses. Transfer to a bowl & add sesame seeds, this will make almost 2 cups of Dukkah seasoning. Arrange okra on platter & sprinkle with 1/3 cup seasoning. Store remaining seasoning in airtight container for up to 2 wks.

Farm Happenings

It has been a busy week of weeding & harvesting on the farm. With little rain Larry is also having to move irrigation around in the field a lot more, & with little rain in the forecast, this will become a large part of what he has to do daily. One of our big goals is to make all the irrigation underground with automated on-off timers... We dream about a day when the irrigation will be more manageable...& an underground system will also allow for more winter farming. When the water is underground it will not freeze allowing for us to water winter crops...One of the many goals we have for the future. Sincerely, Your Farmers the Leshers