



## IN THIS BOX:

1/2# Not-So-Spicy Salad Mix  
 1 Cucumber - Suyo Long  
 1-2 Eggplant - Millionaire  
 1 bulb Garlic - Chesnok Red Hardneck  
 1 Summer Squash - Zephyr  
 3/4 # Green Beans - Provider  
 1 pint Cherry Tomatoes - Sun Gold  
 1 b Sage

PRODUCE  
 FRESH

## About This Week's Produce

**Cucumber- Suyo Long** is also known as the "Long Asian burpless cucumber with sweet flavor & crisp texture. Great for fresh eating, pickling or cooking." We are super excited about our cucumbers this year... we are growing about half our crop in a greenhouse & are trellising them for the first time in our farming experience. It is so fun to watch them reach for the sky and they wind up the trellis. When you trellis this variety it allows the cucumber to be straight, when left to grow on the ground the fruits tend to curl on one end.

**Garlic - Chesnok Red Hardneck** is the super food in the box this week! "Garlic has been known since ancient times & has been grown for over 5,000 years, making it one of the oldest cultivated plants." It contains Vitamins C & B-complex (pyridoxine) & manganese, selenium, phosphorus, calcium, potassium, iron & copper. Allicin (amino acid in garlic) is a powerful antibiotic & anti-fungal compound that makes it a super food as it works to prevent illness & fight colds. This particular variety wins awards for one of the best tasting baking garlics & is sweet & savory when cooked.

**Summer Squash - Zephyr** is a fun colorful addition to the box this week. We love summer squash! Both their skin & seeds are edible & they are best harvested 2-7 days after flowering. Although summer squashes that have reached maturity are still edible, they tend to be drier, with harder seeds & thicker skin. So we pick them when they are young & tender! The summer squash is perishable & will not keep for very long. They are also easily damaged & should be handled with care. Best stored in a plastic bag in the refrigerator, where they will keep for about 1 week. We like to sauté summer squash with olive oil & garlic and add it to stir-fry & soups. It can also be steamed or baked & added to salads or served as a side dish. It has also become very popular eaten raw as a substitute for pasta. You can use the thin julienne setting on a mandoline or a sharp knife to slice the zucchini into thin strips similar to spaghetti. Use as you would noodles with pasta sauce.

LET US KNOW HOW THE RECIPE  
 WORKED FOR YOU!

## Weekly Recipe



### Cucumber Dressing

#### Ingredients

1 large cucumber  
 1 Tablespoon lemon juice  
 1/8 tsp sea salt  
 1/4 cup green onion top, chopped  
 2 Tablespoons onion granules  
 1/2 cup toasted, unsalted, sunflower seeds

#### Directions

Blend all ingredients until smooth.

Water can be added for thinner dressing. Enjoy!

## Farm Happenings

We are thrilled to be back sharing in the harvest with you this week! Thank you for your patience with us as we muscle through the many challenges we have faced this spring. Farming is one of the hardest experiences we have ever had. You are at the total mercy of the weather & with this you must have strong faith that God will protect the crops & provide all that you need even when things look impossible. The rain keeps coming & with this comes crops that are over watered & the inability to get into the field to weed & to plant. We have also lost most of our potato planting to the excess water & are praying our sweet potato plants make it through. The last few weeks have been rough with little to harvest but there is hope... always hope! Our tomatoes are starting to ripen..hurray for Sun Golds! We also have cucumbers & green beans that look healthy & happy in the field. One of the biggest lessons Larry & I have learned in our 11 years of farming is that it is so much more than the produce that is being grown. Farming is also growing our characters. Will we allow the stress to affect our behavior, or will we trust that God is in control & will see us through the season? It is not what we have but what we do with what we have. Larry & I are working hard to provide our community with produce that has never been sprayed, is non-GMO & is grown with an all green system... We pray this produce will nourish you this week and we can't thank you enough for supporting our farm. We are excited to see what the Lord has in store for the rest of the season and we believe that He will provide...because we have our past experiences to look back on & HE has always provided in the past.

Sincerely, Your Farmers the Leshers