



## IN THIS BOX:

1/4# Arugula  
 1 head Cabbage - Copenhagen  
 1 b Mustard Greens - Ruby Streaks  
 2 Cucumbers - Suyo Long & Marketmore  
 1 bulb Hardneck Garlic - Koren Rocambole  
 1 Summer Squash - Zephyr  
 1 # Green Beans - Provider  
 1 pint Cherry Tomatoes - Sun Gold

PRODUCE  
FRESH

## About This Week's Produce

**Cabbage - Copenhagen** is an heirloom variety that is somewhat variable in size & is delicious raw in slaws, sauerkraut or slow cooked. Packed with nutrition, cabbage contains moderate amounts of Vitamins C, A, B-complex (folic acid, pyridoxine, biotin) & potassium, magnesium, manganese & calcium. I love to use cabbage leaves as a raw wrap for falafel along with the recipe of the week & my mother loves to make stuffed cabbage. Whatever the recipe we know you will enjoy this tasty treat this week!

**Mustard Greens - Ruby Streaks** is the super food in the box this week! Mustard are a good sources of Vitamins c, B-complex (folic acid & pyridoxine), & Vitamin E, also carotenes, manganese, copper & calcium. If you like spicy you will love these greens...if you are more into mild than cooking will milk out the heat. I like adding them to bean soup or to salad greens to give them a little extra zest!

**Cherry Tomatoes - Sun Golds** are our best selling cherry tomatoes...many of our customers call them candy! With their attractive orange color & amazing flavor they add beauty & taste to any dish. The greenhouse that shelters these lovelies is home to a total of 720 tomato plants & boy have they been a challenge to keep up with them all with this heat...Larry trellised one day & just 2 days later those same tomatoes grew several feet & already needed to be trellised again. This heat is something the tomatoes love & we hope that we will continue to have lots of yummy tomatoes to share with you in the weeks to come!

**Hardneck Garlic- Koren Rocambole** is known for its spicy flavor & is considered a gourmet garlic amongst garlic connoisseurs. Great taste is their claim to fame, not long storage so eat this one up sooner than later. We learned about this gem when farming in Seattle & are excited to bring it to all our friend in family back home! Enjoy!

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



Tomato - Cucumber Salsa

Modified From "The Oh She Glows Cookbook"

### Ingredients

1 pint cherry tomatoes  
 1/4 cup red onion  
 1/4 cup cilantro or fresh dill  
 1 Tablespoon fresh lime juice  
 1/2 cup diced cucumbers  
 sea salt

### Directions

In a food processor, combine tomatoes, onion, cilantro, and lime juice and process until roughly chopped. Stir in the diced cucumbers and sea salt to taste.

This salsa is delicious with burritos, falafel or as a cooling summer side dish. When I made it I chopped the onion and cut cherry tomatoes in half. I also chopped fresh dill and cucumber in quarters and serves as a side dish with oat burgers.

## Farm Happenings

Heat, humidity and more rain....This has been a interesting summer that is for sure. With the high heat index and many "heat advisory" warning this week we have been working hard to stay hydrated. Larry has to change his shirt several times throughout the day and drinks lots of water and coconut water. Farming is not a job for the faint at heart... you must work long hours in rain, heat, cold or sunshine. No matter what the weather the job needs to be done so we do it. Even our moms, who come out on a regular basis every Friday, come prepared to work no matter what the weather. My mom, who is 70 years old, and Larry's mom, who is 60 years old, tell us the work is hard but "I feel so much better after being out on the farm all day!" There is a healing process that happens when you are outside digging in the dirt. In the garden you have a lot of time to reflect on life and it helps you to clear your thoughts bringing you closer to our Creator. We are so thankful for the help and are blessed to see how excited our mothers are to come and labor with us in the garden every week. We pray that our garden is a blessing to all that come to it, and that our produce will nourish you all... helping you to have clear thoughts and a clear mind for the week to come.

Sincerely, Your Farmers the Leshers