



IN THIS BOX:

2-3 heads Cabbage - Red Express & Savoy
 2 Cucumbers - Silver Slicer & National Pickling
 1/2# Braising Mix
 1 Summer Squash - Zephyr
 1 # Green Beans - Provider
 1 pint Cherry Tomatoes - Pink Princess or Black Cherry
 1 bulb Hardneck Garlic - Spanish Roja
 1 herb- Thyme or Sage

PRODUCE



FRESH

About This Week's Produce

Braising Mix is the super food in the box this week! The baby chard contains Vitamins C, E, K & B-complex (thiamin, niacin, folic acid, pyridoxine) & calcium, zinc, selenium, carotenes, magnesium, potassium, iron & manganese. The beet tops are considered one of the healthiest foods on the planet and contain all the listed vitamins and minerals plus copper. The red color of these leaves contain anthocyanin which is a bioactive compound that has demonstrated the ability to protect against a myriad of diseases. Please always remember to eat your beets greens! Larry and I love beets and have seeded thousands this year with total failure of the two plantings this spring. As soon as the weather clears and the ground dries out we will be plating one more fall succession and hope to bring you beets in the box this fall!

Cherry Tomatoes - Pink Princess or Black Cherry are the tomato picks for the week! We hope you have been enjoying the cherry tomatoes! The Black Cherry is a long time favorite of Larry's that we grow every year...it is a savory little one that has the flavor of our cherish black heirloom tomato varieties the we so enjoy! The Pink Princess is a new variety for us and our palates also like its milder classic red tomato taste. Each tomato we grow is unique in flavor and we look forward to the continued exploration of the essence that each variety brings to the table.

Hardneck Garlic- Spanish Roja is a heirloom variety "that came to the Portland Oregon area over 100 years ago and was originally known as Greek or Greek Blue garlic." It also has a strong garlic flavor with a especially rich taste that will add to any savory dish you are making at home this week! The best way to store your garlic is at room temperature in a cool, dry, well-ventilated place. If stored in hot humid conditions garlic will start to sprout.

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Creamy Vegetable Curry

Modified From "The Oh She Glows Cookbook"

Ingredients

1/2 cup raw cashews, soaked or 1 can coconut milk
 1 Tablespoon coconut oil
 1 small onion, diced
 3 gloves garlic, minced
 1/2 teaspoons grated peeled fresh ginger
 2 medium yellow potatoes or 1 medium sweet potato
 2 medium carrots, diced or any variation of veggies (I used 1 lb of green beans one time & 2 summer squash another, both were delicious)
 1 red bell pepper , chopped
 1 large tomato or 1 pint cherry tomatoes, chopped
 2 Tablespoons curry * (2 Tbs cumin, 2 Tbs coriander, 2 tsp garlic granules, 2 tsp turmeric, 2 tsp fenugreek - combine all in a bowl together for an amazing mild curry that the whole family with enjoy!)
 1 - 2 cups braising mix, chopped or frozen peas
 sea salt to taste
 Long grain brown rice, for serving

Directions

In a blender combine the cashews with 3/4 cup water & blend until smooth & creamy & set aside. In a large skillet , heat oil over medium heat. Add onion, garlic & ginger and sauté for ~ 5 min, until onion is translucent. Stir in potatoes, carrots, green beans, red pepper, tomatoes, curry powder & salt. Sauté for ~ 5 more min. If mixture starts to dry out add water or more oil & stir to combine. Stir in cashew milk or coconut milk & then add the braising mix or frozen peas. Reduce heat to medium -low & cover with a lid. Simmer, covered over medium heat until tender ~ 20 minutes. Stir every 5 minutes throughout cooking process. Serves curry over a bed of long grain brown rice.

* This is our new favorite "use whatever veggies you have" dish and we hope you love it as much as we do! Bon appetite!

Farm Happenings

It is hard to believe that it will be August 1st tomorrow...We are hopeful for a few dry days this week to get all the fall plantings in! This is when we get a second chance to plant kale, chard, cabbage, broccoli, beets and more. We pray the fall planting will bring us much bounty to share with you all... we are so thankful for second chances! Thank you for your support! Sincerely, Your Farmers the Leshers