



IN THIS BOX:

- 1/2# Not-So-Spicy Salad Mix
- 3 Cucumber -Suyo Long & Market More
- 1 Eggplant - Ping Tung
- 1 bulb Garlic - Chesnok Red Hardneck
- 1 Summer Squash - Zephyr
- 3/4 # Beans - Dragon Tongue
- 1 pint Cherry Tomatoes - Honey Drop
or Sun Gold
- 1 Heirloom Tomato - Ananas Noire or True
Black Brandy Wine
- 3 Peppers - Jalapeno

PRODUCE



FRESH

About This Week's Produce

Eggplant- Ping Tung are a colorful addition to the box this week! Some may be asking ...What do I do with eggplant? Eggplant is delicious warm or cold & can be prepared in a variety of ways. You can try it stuffed, roasted, au gratin, pureed, etc. It is commonly found in Asian & Mediterranean cuisine accompanied with tomatoes, garlic & olive oil in dishes like ratatouille & Baba Ghanoush (eggplant spread). When preparing eggplant you will notice that the flesh discolors quickly when cut, so you must cook it soon after cutting or sprinkle it with lemon ice in the meantime before cooling to prevent discoloration. Eggplant will absorb oil like a sponge & this can be mitigated by coating the slices of eggplant with layers of flour or bread crumbs & baking (as a healthy alternative to frying). To bake eggplant in the oven prick unpeeled eggplant all over with a fork to let the steam escape, bake for 15-20 minutes at 350 degrees. It can also be baked cut in half or cubed. You can brush eggplant with oil or seasonings to add flavor. It can also be boiled, steamed or blanched

Heirloom Tomato - Ananas Noir or True Black Brandy Wine is the featured item in the box this week! Ananas Noir is a tricolored beauty, Michelle's personal favorite, & is AKA a Black Pineapple tomato. One of my favorite things about this tomato is the tricolors. When cut into it is green, yellow & red inside. Don't let the yellow & green outside fool you...this guy is ripe and ready to eat! Known for its unique sweet & smoky with a hint of citrus flavor. This may become your new favorite! True Black Brandy Wine dates back to 1920s & is Larry's favorite variety. Known for its deep, earthy & sweet flavor...this one will knock your socks off! Heirloom tomatoes are selected for flavor & are defined as open-pollinated varieties introduced before 1940 or a tomato variety more than 50 yrs in circulation. Many heirloom varieties are not so pretty to look at, but their flavors are amazing. Conventional tomatoes are selected for size, shape, ship-ability & long storage capacity...NOT flavor! So if you have ever wondered why a store brought tomato has little flavor now you know.

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Ratatouille

modified from "Vegan Homestyle," by Ky Hansen

Ingredients

- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1 Tablespoon olive oil or water
- 1 quart chopped tomatoes with liquid, any amount of tomato that you have will work, more or less
- 1 tsp sea salt
- 1 tsp dried basil or 1 Tablespoon fresh basil-chopped
- 2-3 tsp each dried or fresh parsley, dried thyme, dried oregano
- 1-2 eggplant, cubed
- 1-2 summer squash sliced-any variety is great
- 1/2# green beans-chopped in half-optional **can use Dragon Tongue or green beans

Directions

Sauté onion & garlic in olive oil or water until tender. Add tomatoes, sea salt & herbs (fresh is best, if you have it use 3X as much fresh herbs as dried). Bring to a simmer, add eggplant, summer squash & green beans (make this recipe your own, you can add several different veggies here, this is a great use up all your veggies dish, try adding kale, chard, broccoli or kohlrabi to change it up). Simmer covered until veggies are tender. Continue to simmer, the key is the longer you simmer the better the flavor. Serve over cooked brown rice, whole grain pasta or grain or your choice.

Farm Happenings

Well it seems every week I am talking about the rain... here we go again...the rain just keeps coming! Friday we had a torrential downpour that felt like it lasted forever! As of today the forecast says no rain today or Monday & then another 6 days of rain predicted. We hope to get the rest of our fall crops planted Monday & we praise the Lord for the few dry days we have had this week! We were able to get some of our fall cabbage & the second plantings of summer squash & cucumbers in this past week. We know by now you may be thinking...Wow! There is a lot of repeats in the boxes...is this normal? The answer is NO... we really enjoy offering variety in each box & due to the multiple failures of crops this year we have had to repeat more than we would like! With that said, I thought it may encourage you all to know what things are coming soon in the box that will be different...peppers are ripening & you will see many amazing sweet peppers in the boxes to come. We also have tomatillos, okra, basil, more large tomatoes and different varieties of beans coming your way soon. If all goes well & the Fall crops go in there will be amazing kale, chard, cabbage, broccoli, beets & carrots ... & we hope to seed head lettuce this week! I forgot to mention we also have multiple melons growing in the field that look like we will have fruit to share soon. With that said we pray you are nourished this week & that you enjoy your farm fresh, local veggies grown with lots of love. Thank YOU for supporting local agriculture! Sincerely, Your Farmers the Leshers