

DELIVERY
8

IN THIS BOX:

1/2# Not-So-Spicy Salad Mix
 2 Cucumber - Silver Slicer & Market More
 1 Charentais Cantaloupe - Petit Gris de Rennes
 1 Summer Squash - Zephyr
 1/2 # Okra
 1/4 # Basil
 1 pint Cherry Tomatoes - Pink Princess
 1 Heirloom Tomatoes - Cherokee Purple
 1 Bell Pepper - Yellow Bell
 1 Eggplant - Ping Tung

PRODUCE

FRESH

About This Week's Produce

Charentais Cantaloupe - Petit Gris de Rennes is the featured item in the box this week! This melon is a French variety that is the favorite melon of the French melon expert & author Bruno Defay. This is a rare variety in the USA & you would never be able to find this in the stores. We consider this a real treat ... its dark green skin that is spotting with patches of grey make it stand out as the unusual heirloom variety that its reputation holds. On inside its bright orange flesh is tender, fine grained & juicy! This variety is smaller in size, but boy this melon has an amazing flavor! This is an exceptionally sweet melon with a smooth butter like consistency. Eat this one quick...it was picked ripe & ready to eat! Enjoy!

Okra - is a fun addition to the box this week! Did you know you can eat okra raw? Don't be afraid, just take a bite of the end & you will see it is crunchy & less slimy when eaten raw. If that seems to crazy for you to even attempt then cooking it will also work. Try breading the okra & then baking it for a healthy alternative to frying. You can also make Jumbo or add it to other soups. I like to cut it into little stars & add it to my salad...let the adventure begin!

Basil - known for its rich flavor & aroma, will certainly delight your senses this week. Nutritionally you will find Vitamins A & C & some iron, magnesium, calcium, potassium & copper. Part of the rich smell & taste comes from the flavonoids orientin & vicenin. Flavonoids are any "group of oxygen - containing aromatic antioxidant compounds that include many common pigments." These particular flavonoids protect cell structure & in studies with mice have been found to protect against radiation injury. With that said we hope you enjoy the recipe of the week with this super food!

Heirloom Tomatoes - Cherokee Purple is the tomato pick for the week! This is an old Cherokee Indianan heirloom that dates back to pre-1890s. As you can see it has a beautiful deep purplish-pink color & it is known for its sweet & savory flavor that some call "a real old-time tomato flavor." We hope you enjoy this classic variety!

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Michelle's Favorite Pesto

Ingredients

5 cloves garlic

1 cup pine nuts (walnuts are my favorite, you can also use cashews or almonds as a great substitute)

1 1/2 cup fresh basil (blanched arugula, kale, broccoli, cilantro or parsley are also yummy options)

1/3 cup olive oil

1/2 teaspoon sea salt

Directions

Add cloves of garlic to food processor until finely chopped. Then add the nuts to processor & pulse until ground. Add rest of ingredients to food processor, including fresh basil. For the arugula option you will blanch arugula first (boil for 30 seconds then put in cold water bath). Once cooled, squeeze water out of blanched arugula & add to food processor. Pulse all ingredients together until chopped but not completely smooth, your pesto should have some texture but not too chunky.

We love this pesto on toast with slices of fresh tomatoes. You can also add it to pasta or make a pesto pizza. Freezing pesto in a jar and enjoying over the winter months is also an option! Bon Appetite!

Farm Happenings

We had 2 solid days of dry last week & the forecast looks bright this week with a week of dry predicted....hopefully this really happens! If it dries out we will be able to weed the much needed next planting of salad mix & the radishes & turnips that look like, after the 3rd time planting, they have germinated! Jed saved a whole bed of mustard greens from being taken over by weeds & with his continued dedication to serving Eastward Gardens we may get ahead of some of the weed pressure we have been experiencing this year. My mother & Larry's mother have become faithful servants of the farm as well & come out once a week to help...mind you my mother is 70 & Larry's is 61 yrs old, & boy are they efficient at weeding whatever is asked of them to weed! My mom shared with me a few weeks ago, "I just feel better after being on the farm." When you come to help on the farm you will experience the fresh air & sunlight, you will begin exercising physically in the dirt & mentally as you are weeding, planting etc...& ultimately you will be communing with God in His creation...Once home you will rest better & have a clearer mind for the week to come... this is truly God's design for health & vitality! Praise the Lord for His healing ways! Sincerely, Your Farmers the Leshers