



## IN THIS BOX:

1/2# Not-So-Spicy Salad Mix  
 1-2 Cucumber -Lemon  
 1 Melon - Sakata's Sweet  
 1/2 # Okra  
 1/4 # Basil  
 1 pint Cherry Tomatoes - Honey Drop  
 2 Heirloom Tomatoes - Green Zebra  
 2 Bell Pepper - Red Bell  
 1 Herb - Sage

PRODUCE



FRESH

## About This Week's Produce

**Melon - Sakata's Sweet** is the featured item in the box this week! This melon is an Asian variety that is very sweet with a high sugar content. According to Baker Creek Heirloom Seed Company, "Oriental varieties open a whole new dimension to melons as they are amazingly different. Crisp & crunchy - they have EDIBLE SKINS!" We like their petite size & beautiful color making them one of our personal favorite sweet treats of the season! "This Japanese variety was developed by Sakata's Seed Co. of Yokohama & is a rare variety you would never find at the grocery store. EAT THE SKIN...IT MAKES FOR AN AMAZING CRUNCY MELON EXPERIENCE!

**Cherry Tomato - Honey Drop** - is a fun addition to the box this week! These yellow beauties are an open-pollinated relative to the Sung Golds. Their honey-colored appearance matches their mild & sweet taste that is similar to a white grape. We have been experimenting with several new cherry tomatoes this year & hope you have enjoyed the continued cherry tomato bounty in the boxes each week!

**Heirloom Tomatoes - Green Zebra** is the tomato pick for the week! Many customers at market love this variety. It is most unusual because it starts off green with darker green stripes, softening and blushing yellow and apricot when it ripens. A beautiful emerald green color inside & the taste is more acidic than the red tomatoes we grow. Giving new meaning to the green tomato, this "green" tomatoes is ripe & ready to eat!

**Bell Pepper - Red Bell** - is the rich red beauty of the box this week! Red Bell peppers are substantially higher in Vitamins A & C compared to other Bell Peppers & add a beautiful red color to any dish. They contain more Vitamin C than oranges of the same weight & are also a good source of Potassium & contain B6 & folic acid. You can eat them raw, roasted or sautéed. I store mine in a plastic bag in the refrigerator where they will keep for several weeks. Yummy!!

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



### Roasted Red Pepper Hummus

#### Ingredients

1 Red Bell pepper  
 5 cloves garlic  
 6 cups garbanzo beans cooked  
 1/2 cup sesame tahini  
 1/2 cup lemon juice  
 1/2 Tablespoon sea salt  
 1/2 cup olive oil

#### Directions

Turn oven on broil and place pepper on an oiled cookie sheet. Broil the pepper on one side until you see blistering, then turn it until it blisters on both sides. Remove the pepper from oven and set aside in a bowl. Cover the bowl so the steam will help to loosen the skin off the pepper. After about 5 minutes peel the skin off the pepper and set aside. While the pepper is broiling you can peel the garlic and add it to a food processor to chop. Then add the remaining ingredients, including the roasted pepper, and process until smooth about 5 minutes. We love this recipe ...the key is to blend until smooth not runny!

## Farm Happenings

We are starting to transition into another phase of the farm as we look forward to the fall season beginning. We have one more round of seeding into flats that needs to happen, another round of direct seeding in the fields, plus one additional salad mix planting. We plan, Lord willing, to direct seed beets and carrots one more time... I probably sound like a broken record at this point but we have lost all the beet plantings and have very little to show for the carrot plantings this year due to all the rain! In years past we have had the most amazing carrots and pray that this last planting will work so that we can share some root veggies with you this fall. Normally it would be too late to direct seed these things. However, this year it is predicted to be a warmer than usual fall season. As far as the weather goes...we will not truly know what it will be like until it gets here, so we move forward in faith, praying the Lord will provide just what we need! Sincerely, Your Farmers the Leshers