DELIVERY 12

Eastward Gardens

Hardinsburg · Indiana

In This Box:

FRESH FROM THE PRODUCE

1/2 # Not-So-Spicy Salad Mix
1 Cucumber - Silver Slicer
1 p Cherry Tomatoes - Sun Gold
~1.5 # Heirloom Tomatoes - Pruden's Purple

1# Okra
1# Potatoes - Red Chieftan
1 Watermelon - Sugar Baby

About This Week's Produce

Cucumber - Silver Slicer is the unusual cucumber variety of the week. According to High Mowing Seeds this creamy-white slicer was "the hands down winner in taste testing for its flavor, juicy texture and thin skin." Use it like you would any other cucumber in salads, on sandwiches or just yummy as it is….nutritionally cucumbers are mostly water, high in Vitamins C, E and B complex (folic acid) and they provide some potassium and Vitamin A.

Tomato - Prudence Purple is the heirloom tomato variety of the week! Pruden's is not purple, but rather a deep pink with some slight shoulder ribbing. This variety is often compared with the illustrious Brandywine, which is the gold standard of heirloom tomatoes. With its meaty flesh it works well as a slicer tomato for sandwiches. We hope you enjoy this pink beauty!

Watermelon - Sugar Baby is the featured item in the box this week! AKA "picnic" or "icebox" watermelons, you will enjoy their smaller size perfect for small families and as you can probably guess, they are small enough to fit in your icebox. This widely adaptive heirloom variety is dark green on the outside and bright red on the inside….and well it's name says it all! Sugar Baby should be very sweet! PLEASE MAKE SURE TO TELL US IF IT IS NOT SWEET AND WE WILL BRING YOU ANOTHER MELON NEXT WEEK! Nutritionally watermelons contain high levels of healthy antioxidants, Vitamin C and potassium.

LET US KNOW HOW THE RECIPE WORKED FOR YOU!

Weekly Recipe

Okra Fries

This is our new favorite way to eat okra. It is quick, tasty and not slimy at all.

Ingredients

1# okra or less depending on how much you would like to prepare
olive oil to drizzle
sea salt or Herbamare to taste

Directions

Heat oven to 350 degrees F. Cut of top of okra and discard, then slice in half lengthwise. Lightly oil baking sheet. Line okra on baking sheet and drizzle more olive oil on top. Season with sea salt or Herbamare (this is a healthy seasoning salt out of France that I love to use in cooking, I order it online). Cook for ~ 30 minutes watching to make sure the okra does not burn. the okra should be golden brown when ready.

Farm Happenings

The weather this week has been beautiful, however, it does seem a little early for these cool nights…it makes us wonder if we will be having an early Fall/Winter season this year! We are hoping for some more warmer days to help the heat loving plants like tomatoes, peppers, basil etc. We are happy to share that some of our peppers are starting to ripen and our winter squash is ready to harvest! This is a bitter sweet transition time on the farm…we are harvesting a lot and starting to prepare the fields for the Fall crops that should have been plated this week, had we not received 2.5 ' of rain on Monday and Tuesday! Please pray for lots of kale, broccoli, cabbage and head lettuce…we are praying the weather permits and these can be transplanted ASAP! We hope you enjoy your produce this week and we sincerely thank you for all your prayers and support!
Your Farmers the Lesher's