



IN THIS BOX:

1/4# Arugula
1 b Beets - Early Tall Top Wonder or Detroit Red

1 # Green Beans - Provider
1 b Bunching Onions - Parade
2-3 Summer Squash - Zephyr
1 Cucumbers - Suyo Long
1 Bulb Garlic - Koren Rocabole
1 pint - Tomatillos
1# Potatoes - Yukon Gold

PRODUCE
FRESH

About This Week's Produce

Arugula AKA rocket, a unique green, packed with a lot of flavor! Some say peppery some say nutty, either way the flavor is strong & delicious....definitely a love it or hate it type of green! Many people just aren't sure what to do with this strong flavored green. The key here is adding an acid (like a lemon base dressing) & something sweet (tomato, cucumber etc). Trust me on this one...when you do this it turns the peppery arugula into a milder tasting green that the whole family can enjoy! SORRY NO SALAD MIX THIS WEEK... PLEASE TRY THIS ONE...YOU MAY BE SURPRISED AND HAVE A CHANGE OF HEART TOWARD ARUGULA :-) Arugula is filled with phytochemicals like indoles, thiocyanates & sulforaphane. It also contains folic acid, B-complex, Vitamins A, C, K & iron. We blanch it for the pesto recipe (Newsletter#4) to mild down it's strong flavor.

Tomatillos are a fun addition to the box this week! What is a tomatillos? Also know as the "Mexican husk tomato," it is native to Mexico & is know to have been cultivated since the time of the Aztecs. It is a member of the nightshade family, relative to the tomato, pepper, eggplant & potato. This fruit is actually a berry that is firmer & glossier than a tomato, usually picked when it is still green; it becomes yellowish or purple when it ripens depending on the variety. "The tomatillo is covered with a thin membrane, or calyx, that is a brownish orange color with purple veins." Best kept in a veggie drawer in the refrigerator & will keep for 1 week or longer. You can eat them raw or cooked....see the recipe of the week for an amazing green salsa! Yes...this is what the green salsa in the Mexican Restaurants comes from! Nutritionally, this fruit is a good source of potassium & also contains Vitamin C, magnesium, niacin & thiamine. We hope you enjoy these as much as we have!

P.S. The potatoes are "new potatoes" just harvested this morning! This means the skin is soft and easily damaged. Enjoy these fresh potatoes and eat the tender skin for and increase in nutrition!

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Salsa Verde: Green Tomatillo Salsa

modified from foodnetwork.com

Ingredients

8 ounces (5 to 6 medium) tomatillos, husked and rinsed
1 jalapeño, stemmed (I used 1/2 here to make it more mild)
5-6 sprigs fresh cilantro (thick stems removed), roughly chopped
1/4 cup water (optional..I leave the water out and it works great!)
Scant 1/4 cup finely chopped onion or bunching onion
sea salt to taste

Directions

Raw version: Roughly chop the tomatillos and the jalapeño (I use gloves while chopping pepper to prevent burning of the hands). In a blender or food processor, combine the tomatillos, jalapeño, cilantro and 1/4 cup water (optional). Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water, then shake to remove excess moisture. Chop onion and stir into the salsa and season with sea salt, usually a generous 1/4 teaspoon.

Roasted version: Roast tomatillos and jalapeño on a baking sheet 4 inches below very hot broiler until darkly roasted, even blackened in spots, about 5 min. Flip over and roast on other side, 4-5 min more will give you a splotchy-black and blistered tomatillos and jalapeño. In a blender or food processor, combine the tomatillos and jalapeño, including all the delicious juice that has run onto the baking sheet. Add the cilantro and 1/4 cup water (optional), blend to a coarse puree and scrape into serving dish. Rinse the onion under cold water, chop and stir into the salsa and season with sea salt, usually a generous 1/4 teaspoon. Enjoy!

Farm Happenings

Hot, hot, hot...is the theme for this week on the farm! This heat works great for some plants and not-so-great for others. Tomatoes, okra, tomatillos, cucumber, squash, melons and peppers are all heat lovers...while chard, lettuce and most other greens are not! The salad mix we have been sharing with you every week has become our most popular item at farmers markets, with local co-ops and with restaurants. We are very thankful for this. However, with the increased demand, and a gap in time for our succession planting schedule due to rain, it has caused us to have a lull. But don't worry, the next planting will be ready next week or the week after so it will return soon and very soon! Thank you all for your support! Sincerely, Your Farmers the Leshers