

DELIVERY
7

IN THIS BOX:

1/4# Tatsoi
 1 b Carrots - Yaya
 1 # Dragon Langerie Beans
 1 b Red Onions - Rosa Di Milano
 2 Patty Pan Squash - Golden Marbre
 1-2 Cucumbers - National Pickling
 1/4# Okra
 1# Potatoes - Fingerling

PRODUCE
FRESH*About This Week's Produce*

Carrots - Yaya are one of our personal favorites on the farm...Larry loves carrots and hummus! This is a smooth, crunchy carrot that has a crisp, clean sweet carrot flavor that most store bought carrots are lacking, redefining today's carrot. Nutritionally carrots provide carotene (which is converted by the body to Vitamin A), Vitamins C, K, B-complex (biotin, pyridoxine, thiamine) & potassium.

Dragon Langerie Bean AKA Dragon's Tongue is the featured item in your box this week! This is a bean you will not find in any store, a 19th-century heirloom variety from the Netherlands. These crisp, stringless beans are wonderfully juicy & colorful. You can eat them fresh or lightly steamed, they cook a bit faster than a green bean & can be used in any dish as a green bean would. When you cook them they will lose the purple strips...fun to cook with kids & show how the stripes disappear. We hope you enjoy them in the recipe of the week!

Red Onion - Rosa Di Milano is definitely a notable treat for us this year! We have tried growing this one many times and this is our first success story! This red beauty is a specialty onion with sweet flavor, shimmering pink skin and a rounded, tapering heart shape. We hope you enjoy this beauty!

Okra is usually a love it or leave it veggies for many. This is a Cajun Jewel variety, a dwarf variety who's plant will grow 3-4 feet tall. Good raw, in salads or baked as a healthy fried alliterative. A few tips on how to decrease the sliminess that occurs when okra is cooked: 1) do not overly chop okra 2) do not stir it a lot in whatever dish you are making 3) adding tomato to okra decreases the slim 3) if eaten raw no slim at all! TRY IT YOU MIGHT LIKE IT!

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe

*Dragon's Tongue Beans w/
Caramelized Onions**modified from Oxbow Farm & Conservation Center***Ingredients**

1 lb Dragon's Tongue beans, stem ends popped off
 2 T Olive Oil
 2 Medium or 1 large onion, sliced thinly as possible (white or red)
 1 cup vegetable stock (or water)
 1 1/2 T Maple Syrup (optional)
 1 T lemon juice
 Sea salt to taste

Directions

Cook beans in boiling salted water until tender, approximately 5 minutes. Drain and immerse in ice water to stop cooking (this will ensure your beans stay crisp % delightful.) Add olive oil to skillet over medium flame. Stir in onions and cook them slowly until they are very wilted and deepened in color, 20 minutes or so. Deglaze pan with stock or water and boil for 5 minutes to reduce and concentrate flavors. Stir in optional maple syrup and lemon juice. Add beans to the onions to warm (just a minute or two). Season with sea salt to taste. Enjoy!

Farm Happenings

The theme for this week on the farm is rain, rain, rain. We received 5 inches of rain on Sunday and this made our Sunday morning harvest very difficult...this then made us late for market! God did bless despite all the difficulties we still sold most of what we brought to farmers market... Praise the Lord for that! We are happy to share that we have lots of tomatoes coming on strong in the greenhouse, over 800 plants, and they are so close to being ready to share with you all. My mouth is watering just thinking about yummy pesto tomato sandwiches. We hope you enjoy all of the lovely colors in the box this week and thank you all for your support! Sincerely, Your Farmers the Leshers & Chris