

DELIVERY
8

IN THIS BOX:

1 b Carrots - Dolciva
 1 # Dragon Langerie Beans
 1 b Bunching Onions - Parade
 2-3 Patty Pan Squash - Bennings Green
 2 Cucumbers - Suyo Long
 1 p Cherry Tomatoes - Sungold
 1 p Tomatillos
 1 b Fresh Dill

PRODUCE
FRESH

About This Week's Produce

Carrots - Dolciva is a new variety of carrots for us this year. According to High Mowing Seeds, "Great sweet flavor, juicy crunch, high quality & incredibly long storage life made this variety a standout in our trials for two years running." Grown on increasingly big acreage in Europe, this new Swiss-bred variety is now being shared with growers in North America. This is a strong carrot variety...see Farm Happenings for more details regarding the experiences we have had growing this variety this season.

Patty Pan Squash - Bennings Green is my personal favorite! This summer squash has a subtle sweetness accompanied by a nutty flavor to it that I absolutely love! When cooking this squash you can chop it like you would any summer squash or you can cut a circle out of the middle & stuff it for baking. I love summer squash sautéed with onion, garlic and tomato served over rice or pasta. We hope you enjoy this beautifully green tinted Patty Pan variety!

Cherry Tomatoes - Sungold is definitely the featured item in the box this week. We call these treats nature's candy & we are so excited to share some of these gems with you! According to Baker Creek Rare Seeds, "This is a selection from the regular Sungold tomato, sent to us by Reinhard Kraft of Germany. This is one of the tastiest orange cherry tomatoes out there! This little cherry was the favorite of many of our staff last summer; we love the sweet tangy taste!" These plants are the work horses of cherry tomatoes. They come on first, are heavy producers & will be the last producing plants in the green house. Nutritionally tomatoes contain Vitamins C, K, & B-complex (biotin, pyridoxine, pantothenic acid, niacin, folic acid) & beta carotene. Enjoy!

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Michelle's Cool Cucumber Salad

Ingredients

2 large cucumbers chopped (use Suyo Long or any other cucumbers that you prefer)
 1 pint Sungold cherry tomatoes, cut in halves (you can use any variety of cherry tomatoes)
 2-6 bunching onions, chopped (depending on how much onion you like)
 2 T Olive Oil
 2 T Fresh Lemon Juice
 1-2 sprigs of fresh dill, chopped (dill flowers are edible and add more color to this salad)
 Sea salt to taste

Directions

In a large bowl chop cucumber into rounds, halves or quarters depending on what you like, I like halves. Cut Sungold cherry tomatoes in half, add to cucumbers. Chop onions, add to mixture. Once all ingredients are well combined add olive oil, lemon juice, dill & sea salt, stir well. Chill and serve cold!

Farm Happenings

For those of you that know us well you know that I, Michelle, have quit my full-time job this year to be full-time on the farm. For our newer friend & CSA members this has been a dream of ours for 11 year now & it has finally happened...Praise God for this! My husband Larry has always been full-time on the farm while I worked a full-time job to supplement our income. Well it has been 2 full months now & I would like to share some of the lessons I have been learning in the garden. Farming is the hardest job I have ever had, it takes physical, mental & spiritual strength in ways I have never experienced. I have never worked a job that was so difficult physically or that required so much faith, mental & physical strength. For example, with our spring carrots this year we had great germination, we had my mother & Larry's mother weed them for many days/hours & we had a good first harvest last week. Then, when I went to harvest them this week of the ~1600 row feet that we have ~ 1200 row feet have rotted in the ground... WHAT! Exactly...we have never had carrots do this before & I am just so thankful that God sustained ~400 row feet of the Dolciva for us to share with you. So much of farming is out of your control...you have to do your part & trust God is in control of the rest. Working hard, lots of losses & growing in faith! Sincerely, Your Farmers the Leshers & Chris