



## IN THIS BOX:

1/3 # Braising Mix  
 2 # Potatoes - Red Chieftan  
 1 # Onions - Walla Walla Sweets  
 2-3 Summer Squash - Zephyr  
 2 Cucumbers - National Pickling  
 1 p Cherry Tomatoes - Sun Gold  
 1 Heirloom Tomato - True Black Brandy Wine  
 1 b Fresh Sage & 1 sprig of Fresh Dill

PRODUCE  
FRESH

## About This Week's Produce

**Potatoes - Red Chieftan** is a special treat in the box this week! You can imagine how excited we were while digging up these beauties to share with you this week. With its thin coppery skin & shallow eyes you will quickly understand why we chose this variety to grow. Delicious boiled, baked or roasted & as a new potatoes it will have an amazing moisture that will be sure to melt in your mouth. When a potato is newly harvested the skin will contain a high level of moisture and will be much easier to damage, so be tender with these potatoes! Also, ONCE YOU GET HOME TAKE THEM OUT OF THE PLASTIC BAG AND STORE IN COOL, DRY DARK PLACE to cure!

**Tomato-True Black Brandy Wine**-have finally arrived! This is Larry's favorite variety & how suiting that it would be the first to go into the box this year. This large fruited heirloom variety is said to have been bred "sometime in the late 1920's by Dr. Harold E. Martin, a dentist turned plant breeder who is best known today for his famous pole lima with huge seeds." He lived in Westtown, PA. This tomato is not only beautiful to look at but the flavor is superb, full of deep, earthy & sweet notes that will bring music to your mouth... you will quickly understand why Larry loves this variety so much! The fruit does tend to crack, which means you do need to eat it sooner than later, but I do not think that will be much of a problem for most of you! Tomatoes are high in Vitamins C, K & B-complex (biotin, pyridoxine, pantothenic acid, niacin, folic acid) & beta carotene. If you cook the tomato the bioactive compound Lycopene increases & this has been shown to protect against prostate cancer. Superior in salad or cooking we hope this will become one of your personal favorites!

### \*Cashew Mayo\*

1 cup raw unsalted cashews, soaked for 2 hours, optional  
 1/2-3/4 cup water, as needed  
 3 tsp. fresh lemon juice  
 1/4-1/2 tsp sea salt

### Directions

Place all ingredients in a blender and blend on high until smooth. You may have to stop to scrape down the blender & add a touch more water to get it going again as needed. Once super smooth its ready! It will thicken up as it sits.

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



### Old-Fashioned Heirloom Potato Salad

Modified from "The Baker Creek Vegan Cookbook"

#### Ingredients for Salad

2 pounds medium-sized Red potatoes  
 1 1/2 pound medium-sized Fingerling potatoes  
 1 1/2 pounds medium-sized Blue potatoes  
 \*You can use any kind of potato you would like...Yukon Gold etc.  
 2 stalks celery, trimmed and finely diced (1 cup)  
 1/2 cup finely diced onion  
 1/4 cup chopped chives, plus more for garnish

#### Ingredients for Dressing

1 1/2 cup \*cashew mayo (see recipe bottom left)  
 1/2 cup sweet pickle relish or zucchini relish (optional)  
 2 Tablespoons freshly squeezed lemon juice  
 1 Tablespoon chopped fresh dill  
 2 teaspoons sea salt  
 1/2 teaspoon smoked paprika

#### Directions

Place potatoes in a heavy stockpot, cover with cold water, and bring to rolling boil. Reduce heat to medium-high and gently boil until potatoes are fork tender, 25-30 minutes. Draining a colander, cool and refrigerate potatoes until completely chilled, at least 3 hours, or over night. Cut potatoes into 1/2 inch pieces (I love the skin on for added nutrition). Place in large mixing bowl and add celery, onion and chives. mix the Cashew Mayo pickle relish, lemon juice, dill, sea salt and smoked paprika and whisk all ingredients together. Pour dressing over salad and gently stir until coated. Chill for at least 4 hours or overnight. When ready to serve garnish with additional chives. Enjoy!

## Farm Happenings

It has been a very busy week here on the farm. The week started out on Sunday with a record breaking market! Praise the Lord for that!! Larry has been busy prepping the fields to direct seed Fall carrots, radishes, turnips & our next round of salad mix. I have been seeding all of the starts that will be transplanted this Fall, head lettuce, more bunching onions & all the brassicas...please pray we will have a bounty to share with you all this Fall! We have a second planting of green beans soon to be ready, lots of melons & the tomatoes are starting to come on full swing. We will also have beautiful Winter squash & sweet potatoes to share in the weeks to come. We have had a very blessed harvest this season thus far & we look forward to sharing in Fall bounty with you soon. Sincerely, Your Farmers the Leshers & Chris