



Box contents

Small share:

- 1 carton black raspberries
- 1 box snap peas (Sugar Ann & Sugar Daddy)
- 2 zucchini (Spineless Perfection & Costata Romanesco)
- 2 shallots
- Belstar broccoli
- 1 head Copenhagen cabbage
- 1 bunch Aroma basil
- 1 kohlrabi

Regular share additional items:

- 1 Marketmore cucumber
- 1 bag lettuce mix
- 1 bunch parsley

Farm News

Well, our farm is currently experiencing what Scott has dubbed a produce explosion. All at once, the summer crops are kicking into gear and advancing so quickly it seems you can sit there and watch things grow. Our first batch of zucchini, which we started indoors and transplanted to the field, has been producing for a little over a week. We've been enjoying both of these early varieties – Spineless Perfection (which, as you may guess, is more pleasant to pick) and Costata Romanesco (an Italian heirloom with more pronounced ribs). Yesterday, we tasted our first tomatoes – the Gold Nuggets are nearly there, and should be ready by next week! It is also black raspberry season at the farm, which is fleeting but exciting. If you have never had them, they don't taste quite like blackberries or raspberries, but rather have their own unique flavor. They are rich in antioxidants and deliciousness. When we haven't been harvesting new fruits and vegetables, we have been catching up on some serious weeding. As we've mentioned, weeds really took off with the heat and moisture, and after a lot of hoeing (and breaking and fixing hoes) we're looking in good shape.

Upcoming event: Now that we're in full swing, we'd like to invite you all down to the farm for an informal tour, and give you a chance to see where and how your food grows. Come visit us on Sunday, July 21 from 2-4pm. Please RSVP via email or phone to confirm if you (and any guests) can make it. We'll send out a reminder next week as well. We hope to see you there!

Recipes & Storage Tips

There are many new items in the box and we can't possibly fit enough info in the space here. So... check out our website which we've been working on updating this week! For more tips, go to <http://plowsharesandprairie.com/recipes-storage>.

Zucchini Fritters

- 2 medium zucchini* *1+ tsp. salt*
- 2 scallions, chopped* *1 lg. egg, beaten*
- Black pepper* *1/2 cup flour*
- 1/2 tsp. baking powder* *Olive oil*

To serve (optional):

- 1 cup sour cream or plain, full-fat yogurt*
- 1-2 T lemon juice* *1/4 tsp. lemon zest*
- Pinches of salt* *1 clove of garlic, mashed*

Preheat oven to 200°F. Cut off ends and grate zucchini. In a bowl, toss zucchini with 1 tsp. salt and let stand for 10 min. Squeeze water from zucchini in a colander. Return to bowl. Add more salt if desired; then add scallions, egg, and pepper. Mix flour and baking powder, and stir into zucchini batter. Heat 2 T of oil over medium-high heat in a large skillet. Cook small amounts of zucchini batter in batches to avoid crowding (think pancakes), and flatten with a spatula. Cook until edges underneath are golden (~3-4 min.), then flip and fry (~2-3 min. more). Drain on paper towels and transfer to baking sheet and warm in oven until needed. Repeat with remaining batter. Give fritters 10+ min. in the oven to get extra crisp. For the topping, mix sour cream, lemon juice and zest, salt, and garlic, adjusting to taste. Add a dollop to each fritter when serving. Alternatively, fritters can be topped with a poached or fried egg. Fritters will keep well in the refrigerator for up to a week, or can be frozen for months. (Original [recipe](#) here.)

Tips: *Zucchini:* Eat it raw, grilled, fried, steamed, or sautéed. Refrigerate in the hydrator drawer for 3-4 days, or freeze puree (for soups) or grated (for baked goods) zucchini for long-term storage. *Black raspberries:* Store in frige for a few days. Eat them quickly, plain or over vanilla ice cream. *Shallots:* These are fresh from the garden and have not cured, so use within 1-2 weeks. *Basil:* Store in water in a container at room temperature.