



Box contents

Small share:

- 1# green beans (Jade & Provider Bush)
- 2 zucchini (Spineless Perfection & Costata Romanesco)
- 1 cucumber (Marketmore or National Pickling)
- 1 bunch Evergreen hardy bunching onions
- 1 head Belstar broccoli
- 1 head Fresh market red cabbage
- 1# Purple top globe turnip

Regular share additional items:

- 1 pint Gold nugget tomatoes
- ½ pint black raspberries
- 1 bunch Red Ace beets

Farm News

As we're sure you all know, it has been hot! This is good news for our summer crops like tomatoes and squash, which all continue to grow and mature nicely. It does make working in the field a little less comfortable, so we've been trying to do most of the hard work in the morning and evening, but there are still a number of sweaty hours in there too. We finished digging up our shallots yesterday, and are setting them out to dry and cure. We'll be doing the same for the garlic shortly. Our peppers are growing quickly, and we're excitedly watching as our bell peppers, hot peppers, and frying peppers get bigger by the day. Our jalapeños will likely be ready first, and we'll put them in your box soon! Our chickens (both the chicks and the adults) are testing their wings, and both types have flown their respective coops this week. In Scott's free time (ha!) he's going to be building the chicks a chicken tractor soon, which is basically a mobile coop, offering the chicks protection from predators, while letting them explore and eat outside. We're continuing to update our website, so remember to check it out for bonus storage and cooking tips!

Upcoming event reminder: We're inviting our CSA members down to the farm for a tour this Sunday, July 21 from 2-4pm. Please come down and see how we grow your food, and see for yourself all the goodies that are yet to come! Please RSVP via email or phone to confirm if you (and any guests) can make it so we can plan. Thanks – hope to see you Sunday!

Recipes & Storage Tips

Cucumber Water

Simple and oh so refreshing!
1 medium cucumber 2 quarts water Ice
 Slice cucumber into thin slices. Combine cucumber and water in a pitcher; let steep for an hour. Serve over ice. (Variations: add lemon, mint, &/or ginger.)

Mashed Turnips with Cream and Crispy Shallots

¾-1 lb. turnips, peeled and coarsely chopped
1 ½ T butter, divided
½ cup thinly sliced shallots (or substitute onion)
¼ cup heavy cream 1/16 tsp. grated nutmeg
Salt and pepper 1-1 ½ tsp. minced parsley
 Place chopped turnips in large pot of cold water. Bring to boil and cook until tender, about 15 minutes. Drain well and puree turnips in a food processor (or mash them with a hand-held masher). Heat 2 tablespoons of the butter in a small skillet over medium flame, add shallots, and cook, stirring often, until shallots are tender and golden brown, about 15 minutes. Remove shallots from skillet and drain them on paper towels. Combine the cream and remaining 1 tablespoon of butter; bring to a simmer and stir into the pureed turnips. Season with nutmeg; add salt and pepper to taste. Place in a serving dish, garnish with shallots and parsley, and serve immediately. (Recipe by Molly Bartlett, Silver Creek Farm, in [From Asparagus to Zucchini.](#))

Tips: *Turnips:* Separate globe from greens, and store globe in a plastic bag in the refrigerator for 1-2 weeks. Store greens in the hydrator drawer, but use them quickly. *Green beans:* Store in a plastic bag in the fridge for a week. For longer-term storage, blanch and freeze. *Beets:* Cut off leaves and stems about 1-2 inches above the root crown to maintain firmness of beet roots. Store in the hydrator drawer of the fridge. Beet greens are best used fresh; however, greens can be stored in a damp cloth or plastic bag in the refrigerator's hydrator drawer. *Cucumber:* Refrigerate in the hydrator drawer to retain moisture. Cucumbers will keep for up to a week. Slice and use in cucumber water, or in a salad or sandwich.