



Box contents

Small share:

- 1 pint Gold nugget tomatoes
- 1 ½ # Red Norland potatoes
- 1 Cortland onion
- 1 head Belstar broccoli
- 1 head Copenhagen cabbage
- 1# green beans (Jade & Provider Bush)
- 1 bunch kale (Red Russian & Lacinato)
- 2 zucchini (Spineless Perfection & Costata Romanesco)
- 1 cucumber (Marketmore or National Pickling)

Regular share additional items:

- ½ pint Matt’s wild cherry tomatoes
- ½ # Toma verde tomatillos
- 2 Early jalapeño peppers

Farm News

While many of you got some welcome rain the past few days, the storms that swept through southern Wisconsin missed us. We’re enjoying some respite from the heat, but it’s very dry in the fields. This has meant more time watering, though thankfully we still have moisture a few inches under the soil surface. If you have a spare moment, do a rain dance for us. The dry weather allowed us to catch up on weeding and working to keep the raccoons out of the sweet corn (coming soon, if they don’t eat it all first!). While we still have weeding to do and are gearing up to plant fall crops in the next couple weeks, it’s been exciting to do more harvesting. We have about 1,000 garlic heads drying in the barn, the first of several types of potatoes came out of the ground this week, and we are picking more and more tomatoes every day. We saw our first cantaloupe, watermelons, and winter squash on the vines this week, though it will be a while until they mature. With the summer crops really starting to produce, we will have large amounts of some items available in the coming weeks. If you want to make pesto, we can sell basil by the pound. We’ll have cucumbers in bulk for pickling, zucchini if you’d like to freeze it for baking (a favorite winter treat), and tomatoes for canning, to name a few. There will be more information about bulk opportunities in future newsletters, but please let us know if you’d like to purchase more of some crops and we can arrange to drop them off with your weekly share.

Recipes & Storage Tips

We’re happy to continue to add new goodies to your box this week! CSA members Justin and Megan shared a new recipe they tried using last week’s cabbage – check out how to make Sweet and Sour Red Cabbage [here](#) on our website (I’d guess it would work with this week’s Copenhagen cabbage). Please feel free to share your successful recipes as well! The newsletter is space constrained as usual, so check the website for more recipes using this week’s assortment of veggies, such as [Kale and Potato Gratin](#) and [Sauerkraut](#) for those of you patient and daring enough to try some fermentation!

Green Beans with Caramelized Onions

- 2 # green beans, stem ends snipped off*
- 2T butter*
- 2 medium onions, sliced as thinly as possible*
- 1 cup chicken stock* *1 ½ T sugar*
- 1 T red wine vinegar* *Salt and pepper to taste*

Cook beans in boiling salted water until crisp-tender, 2-4 minutes. Drain; immerse in ice water. Drain again and let stand to dry. Melt butter in skillet over medium flame. Stir in onions and cook them slowly until very wilted and deepened in color, about 15 minutes. Boil stock in a saucepan until reduced to ¼ cup. Stir in sugar and vinegar. Stir in onions. Simmer until slightly reduced. Combine onions and green beans; heat through. Season with salt and pepper. (Recipe by MACSAC, in [From Asparagus to Zucchini.](#))

Tips: *Tomatoes:* Store at room temperature (not in fridge) for up to a week. Can be frozen whole, or in a salsa, sauce, or puree. These gold nuggets are great eaten raw as a snack or in a salad. *Potatoes:* We assume Wisconsinites have a good sense of what to do with potatoes, but just in case...Potatoes keep at room temperature for up to 2 weeks. They will store longer-term at 45-50°F, in high humidity and darkness. Eat boiled, mashed, baked, steamed, in soups, fried...and the list goes on and on! *Tomatillos:* Store at room temperature (with husks on) for up to 2 weeks. For longer-term storage, refrigerate in husks (but not in a plastic bag). I think the tomatillo’s highest use is in a salsa verde (see [recipe](#) on our website).