



Box contents

Small share:

- 2 heirloom beefsteak tomatoes (Brandywine & Purple Cherokee)
- 1 pint cherry tomato medley
- 1 yellow scallopini (patty pan) squash
- 1 yellow straightneck squash
- 1 head Snowcrown cauliflower *or* Copenhagen cabbage (*whichever you did not get last week*)
- 2 ears sweet corn
- 2 cucumbers
- 1 Walla Walla onion
- 1 bunch carrots
- 1 bunch basil

Regular share additional items:

- 1 Falcon eggplant
- 1 head Summer Crisp lettuce
- 1 King of the North bell pepper
- 1.5 # Red Norland potatoes

Farm News

Once again, a week has flown by and here we are in week 11! We'd love to get feedback from you on how you're enjoying the Plowshares & Prairie CSA experience so far, so we've set up an anonymous [CSA mid-season survey](#). If you're willing, please fill out the ten question survey so we can hear from you about what we're doing well and what we can improve. Thanks in advance for your time and thoughts! Now, on to other farm news...As you may have surmised from the large quantity of tomatoes in your share this week, we are officially drowning in tomatoes! Not only are our cherry tomatoes still going strong, but our larger heirloom varieties are now steadily producing. Chelsea has a newfound appreciation for just how many tomatoes it takes to make tomato sauce after reducing 2.5 boxes to a mere 3 pints yesterday. If you ever want bulk tomatoes for canning or freezing, we've got them and we sell both our regular tomatoes and seconds at a bulk discount. We've decided there must be some strange meteorological phenomenon that causes storms to build and head for us, split around us, and reform on the other side. It would be funny if we didn't really need the water. Scott spent many hours spot watering the last several days. Luckily, the rain gods stop playing practical jokes and found their way to Argyle today to give us some much needed precipitation.

Recipes & Storage Tips

Due to the much appreciated rain today, our harvesting was a little messy. As a result, some of the veggies in your box may still be a little wet or have some traces of mud. To best preserve the contents of your box, we recommend taking the wet items out and letting them dry a bit before storing.

Yellow Summer Squash with Blistered Tomatoes

- 2 lb. yellow squash
- 1 pint cherry tomatoes
- 2 T fresh thyme leaves
- 1 T olive oil
- 2 cloves garlic, minced
- 1T butter
- Salt and Pepper
- 1/2 cup parmesan cheese

Heat a large skillet to medium-high heat. Trim the ends of the squash. Quarter each squash and slice into 1/3-inch thick pieces. Add the butter and oil to the skillet, followed by the squash and garlic. Toss and sear for 2-5 minutes, until barely cooked through. Salt and pepper to taste. Push the squash to the sides of the skillet and add the tomatoes. Cook and toss another 2-3 minutes until the tomatoes are just about to pop. Stir in the fresh thyme and remove from heat. Sprinkle the yellow squash recipe with Parmesan cheese and serve warm. (Adapted from original recipe [here](#).)

Roasted Carrots with Cardamom Butter

- 4 tsp. butter, melted
- 2 tsp. olive oil
- 1 tsp. ground cardamom
- 1/2 tsp. salt
- 2 lb. carrots, peeled and cut diagonally into 1/4-inch-thick slices

Preheat oven to 400°F. Combine butter, oil, cardamom and salt in a medium bowl. Add carrots and toss well to coat. Spread evenly on a rimmed baking sheet. Roast the carrots, stirring twice, until tender and golden, about 25 minutes. Serve immediately. (Adapted from original recipe [here](#).)

Tips: *Summer squash:* Includes zucchini, patty pan (aka yellow scallopini), yellow crookneck, and straightneck squash. Store in the hydrator drawer in the fridge for up to a week. For longer-term storage, summer squash can be cooked, pureed, and frozen in an airtight container (this makes an excellent soup or winter soup base). Find more summer squash recipes [here](#).