



**Box contents**

**Small share:**

- 1 head Jericho romaine lettuce
- 1 head bok choy
- 1 cantaloupe
- 1# green beans
- 1 bunch carrots
- 1 Cortland onion
- 1 Falcon eggplant
- 1 red bell pepper
- 1 zucchini
- 1 yellow straightneck squash
- Tomatoes: 1 Cherokee Purple, 2 Brandywine, 1 pint cherry tomato medley
- 1 bunch basil
- 1 head Inchelium red garlic

**Regular share additional items:**

- 2 small Imperial Star artichokes
- 1 bunch beets
- 1 extra cantaloupe

**Farm News**

As usual, we have been busy at the farm. We worked through Labor Day weekend (Chelsea threatened to form a union; Scott reminded her she'd have to represent both sides) and got a good amount of food preserved and seeds planted for fall. Tomatoes are still coming strong, and we're sharing the bounty this week. The recent heat wave also did wonders for our eggplants, which have been producing for a while, but never enough to put in everyone's share...until now. We're also excited to include cantaloupe this week. Since this is our first year, we have not been able to grow much fruit since it generally takes time to establish bushes, etc. We planted blueberries, raspberries, aronia berries, and strawberries, which we can't wait to offer in future seasons. For this year, we're only able to offer annual fruits, so we have melons for you! Cantaloupe has been the first to mature, and watermelon and honeydew will follow soon. We're also happy to report we successfully tricked our artichokes. This was a bit of a gamble as they are technically biennials, but if you start them indoors, give them enough hours of cooler temperatures, and then expose them to warmer temps again, they think they went through winter and produce the flower buds that we eat in their first year. They're small, but tasty. We don't have many yet, but hope to rotate through the share sizes to give everyone a try.

**Recipes & Storage Tips**

There are countless takes on ratatouille –Chelsea's favorite is below, and member Justin's preferred recipe is [here](#). New CSA members John and Yating recommended an authentic bok choy recipe (below), and also this [recipe](#) with shitake mushrooms.

**Ratatouille**

- 1/2 onion, chopped*
- 1 cup tomato puree*
- 1 small eggplant*
- 1 smallish yellow squash*
- Few sprigs fresh thyme*
- Few T soft goat cheese, for serving (optional)*
- 2 garlic cloves, sliced*
- 2 T olive oil, divided*
- 1 smallish zucchini*
- 1 longish red bell pepper*
- Salt and pepper*

Preheat oven to 375°F. Pour tomato puree into a baking dish; add garlic and onion; stir in 1 T olive oil, salt and pepper. Remove core of red pepper. Cut the eggplant, zucchini, yellow squash and red pepper into thin slices (~1/16-in.). Atop the tomato sauce, arrange veggies concentrically from the outer edge in, overlapping slightly & alternating veggies. Drizzle remaining T olive oil over veggies, season with salt, pepper, and thyme. Cover with aluminum foil and bake for 45-55 min. Serve with goat cheese on top, alone, with crusty French bread, or atop your choice of grain. (Original [recipe](#) here.)

**Easy Bok Choy**

- 1 T vegetable oil*
- 8 heads baby bok choy (or 1 head regular), cut into bite-size pieces*
- 2 cloves garlic, chopped*
- Salt to taste*

Heat oil in a large skillet or wok over medium heat, and cook garlic in the hot oil until fragrant, 1-2 min. Mix in the bok choy (add stems first to cook longer, then leaves); cook and stir until leaves turn bright green and stalks become slightly translucent, 5-8 min. Salt to taste. (Original recipe [here](#).)

**Tips:** *Eggplant:* Store unrefrigerated at a cool room temperature or in the hydrator drawer of the fridge for up to a week. *Bok choy:* Store in refrigerator's hydrator drawer (can also be wrapped in a damp towel or put in a plastic bag) for up to a week. *Artichoke:* Sprinkle with water and store in plastic bag in fridge for up to a week. Follow these step-by-step [directions](#) for steaming and eating an artichoke.