



Box contents

Small share:

- ½ pint black raspberries
- 1 bunch rainbow chard (small share only)
- 1 lb. green beans
- 1 fresh Walla Walla onion
- 1 pint sugar snap peas
- 1 bunch Chioggia beets
- 1/3 lb. bag lettuce mix
- 2 Spineless perfection zucchini
- 1 bunch Lacinato kale or 1 head cauliflower (Tues.: kale; Thurs.: cauliflower – next week switch)
(Next up...shell peas, cucumbers)

Regular share additional items:

- 1 bunch green onions
- Extra 1 lb. green beans
- 1 Marketmore cucumber

Farm News

We hope everyone had a fun and festive 4th of July weekend. We enjoyed taking a few days off and heading out of town for our friends' wedding. Things look pretty similar at the farm upon our return – green beans and zucchini are really taking off now, and many of our summer plants (such as tomatoes, eggplant, and peppers) are bearing fruit which we hope grows and matures soon. One very exciting fruit that is ready now is black raspberries! It's a short season, but they have done well with all the rain we've had in the last couple weeks. If you're not familiar with these delectable little berries, they taste a bit different than blackberries and raspberries, and have their own unique (and delicious) flavor. We love just snacking on them or eating over ice cream for dessert. Our snap peas are starting to slow down, and since they're older now are a little less tender than in prior weeks, so at this point we think they taste best lightly sautéed. The Chioggia beets are an heirloom variety that has beautiful white and red rings (they're also called candy stripe beets).

We have been chasing some bold rabbits out of the field, as there is only so much we can do in terms of fencing on this scale. Right now our strategy is to overplant and expect some losses, and consider other deterrents like a motion-sensor scare crow/(deer/rabbit/raccoon/crane).

Recipes & Storage Tips

Roasted Green Beans with Onion & Walnuts

1 lb. green beans, stem ends snapped off
1 onion, cut into ½-in. thick wedges
1 T. olive oil Salt & pepper 1 T balsamic vinegar
1 tsp. honey 1 tsp. thyme 1/3 cup chopped walnuts
Preheat oven to 450°F. Spread beans and onions on a baking sheet, coat evenly with oil, sprinkle with ½ tsp. salt, and roast for 10 min. Meanwhile, combine balsamic, honey, and thyme. Drizzle over beans, & roast for another 12-15 min., until starting to brown & shrivel. Salt & pepper to taste; top with walnuts.

Zucchini Fritters

2 med. zucchini 1+ tsp. salt Black pepper
2 green onions or ¼ sm. onion, chopped
1 large egg, lightly beaten ½ c. all-purpose flour
½ tsp. baking powder Olive oil, for frying
To serve (optional): *1 c. sour cream or plain yogurt*
1-2 T lemon juice ¼ tsp. lemon zest
Pinches of salt 1 clove of garlic, mashed
Preheat oven to 200°F. Cut off ends and grate zucchini. Toss in a bowl with 1 tsp. salt and let stand for 10 min. Squeeze out water from zucchini by pressing against a colander, and return to bowl. Add onion, egg, and pepper. Mix flour and baking powder in a dish, then stir into zucchini batter. Heat 2 T of oil over medium-high heat in a large skillet. Drop small amounts of zucchini batter onto skillet; cook until edges are golden (approx. 3-4 min.), then flip and fry (about 2-3 min. more). Drain on paper towels and transfer to baking sheet and keep warm in oven. Repeat with remaining batter, keeping skillet well oiled. For the topping, mix yogurt, lemon juice & zest, salt, and garlic; add a dollop to each fritter when serving. Fritters keep in the fridge for a week, or can be frozen for months (reheat on a baking sheet at 325°F until hot and crisp).

Tips: *Black raspberries:* Store in fridge for a few days. Eat them quickly, plain or over vanilla ice cream. *Onion:* These are fresh from the garden and have not cured, so use within a week or so. *Chard:* Keeps for a few days in the hydrator drawer of the fridge. Chop stems and cook a few minutes longer than leaves. Try sautéing with nuts & goat cheese.