



Box contents

Small share:

1 bunch kale (Tues.) OR 1 bunch beet medley (Thurs.)
1 ½ lb. new (Red Norland) potatoes
½ lb. dragon tongue beans
½ lb. green beans
1 head cauliflower
1 cucumber
1 eggplant
1 zucchini
1 Walla Walla onion
1 bunch basil
1 bunch parsley
1 yellow squash (small share only)
(Next up...garlic, cucumbers, tomatoes?)

Regular share additional items:

1 pint cherry tomato medley
Extra ½ lb. dragon tongue beans
1 bunch collard greens

Farm News

We're looking forward to seeing some of you at our **summer farm potluck this Saturday, July 25, from 3-7pm!** We'll have lots of food and beverages, and will give a tour of the produce fields, chicken coop, solar system, bee hives, and prairie. If you're able to make it, please RSVP to Chelsea (chandler.chelsea@gmail.com), and plan to bring a dish to share and an outdoor chair. Thanks! Many of the chances of showers over the last week materialized, and we have plenty of water! On Saturday, we got an inch of rain in two 10-minute deluges – but that was preferable to the tornado and hail warnings that were forecast for Argyle. We continue to do what we can to preserve our fresh produce; Sunday involved freezing green beans and starting big batches of sauerkraut and kimchi. We dug up our first potatoes this week and so far are quite pleased! The potatoes in this week's box are "new potatoes", meaning they're fresh from the field. They haven't cured so won't store as long, so enjoy them soon. These have delicate skins and lots of moisture still inside, and tend to be slightly sweeter than older potatoes. We have also harvested about half of our garlic crop. We're starting to let it dry for longer storage, but we'll have some fresh stuff for you next week!

Recipes & Storage Tips

Grilled Eggplant with Yogurt Sauce

1 eggplant *2 T. olive oil*
Salt and pepper, to taste
1 cucumber, coarsely chopped *¼ cup plain yogurt*
1 T. parsley, chopped *1 T. lemon juice*
Turn grill to medium-high heat. Cut eggplant in half lengthwise, brush both sides with olive oil, and season with salt and pepper. Grill for 5-7 minutes per side, until tender. Meanwhile, combine cucumber, yogurt, parsley, lemon juice, salt and pepper in a bowl. Top eggplant with sauce, and serve.

Cauliflower, Green Beans & Potatoes

1 lb. new potatoes, cut into ~ 2 in. chunks
Salt *1 cauliflower, cut into florets*
1 lb. beans *3 T. olive oil*
1 onion, diced *½ tsp. paprika*
1 T. sherry vinegar
Cover potatoes with 2 inches of salted water, bring to a boil, and cook ~8 minutes until almost tender. Add cauliflower and beans, and simmer until tender (~5 minutes). Meanwhile, heat olive oil in a skillet and cook onion over low heat until golden brown (~5 minutes). Add paprika and large pinch of salt; remove from heat. Drain vegetables and transfer to a bowl. Season with salt, and drizzle with onions/oil. Add vinegar, toss and serve.

Tips: *Eggplant:* Stores unrefrigerated at a cool room temperature or in the hydrator drawer of the fridge for up to a week. Eggplant can be peeled but does not have to be. To remove excess moisture, lightly salt eggplant slices and let sit in a colander for 10-15 minutes; then gently squeeze out any remaining liquid. Eggplant should be eaten cooked to eliminate a substance called solanine. Try it baked, stuffed, sautéed, steamed, or grilled! *New potatoes:* New potatoes should be refrigerated if not used within 2-3 days, and should then be used within 1-2 weeks. Great in potato salads or boiled with butter and herbs. *Kale/collards:* If you're looking for something new/different to do with leafy greens, I just came across this recipe for [fried greens meatlessballs](#) which looks delicious!