



Box contents

Small share:

1 head Summer Crisp lettuce
1 lb. purple (Magic Molly) potatoes
1 head Martin's Heirloom garlic
1 Walla Walla onion
1 shallot
1 (or 2 sm.) kohlrabi
1 bunch (Chioggia and red) beets
3 cucumbers
1 bunch carrots
Heirloom & cherry tomato medley
1 green bell pepper
1 eggplant
1 bunch parsley
(Next up...tomatoes, honey!)

Regular share additional items:

3 ears sweet corn
1 pint shishito peppers
1 bunch Red Russian kale

Farm News

As promised, we put together a tomato guide to help you navigate the different varieties we're sharing with you this year. Click on the link on [our tomato page](#), or see the guide attached to this week's email. While some people have mentioned they are happy to eat these farm-fresh tomatoes without knowing their names, we figured we should provide an identification guide for those who may want to learn more about the different varieties and maybe be able to look for them at farmers' markets or for seed packs to grow in a garden. We hope this guide is useful, and feel free to get in touch if you have questions about the tomatoes we're growing this year (or recommendations for the future). And that's a nice segue into our next point of business – our mid-season survey! It's hard to believe we're already halfway through the CSA season. We like to reflect a little at this point and hear from members about their experience so far, and see if there's anything we can try to adjust for the second half of the season. If you have a moment over the next couple weeks, we'd appreciate getting your feedback through our anonymous [2015 mid-season survey](#). Thanks in advance for your time and insights!

Recipes & Storage Tips

Carrot Kohlrabi Slaw

1 or 2 sm. kohlrabi
4 carrots
3 T. olive oil
2 T. cider vinegar
1 T. Dijon mustard
½ tsp. sea salt
Freshly ground pepper
Whisk oil, vinegar, mustard, salt and pepper in a bowl, and set aside. Peel kohlrabi, and using the large holes in a grater, grate kohlrabi and carrots. Toss with dressing until evenly coated, and adjust salt and pepper to taste.

Shishito Peppers

1 pint shishito peppers
2 T. olive oil
1 tsp. lemon juice
Sea salt, to taste
Heat olive oil in a wide sauté pan over medium heat. Add whole peppers, turning frequently until they begin to blister (10-15 minutes). To finish, toss with lemon juice and sea salt. Grab by the stem and snack on the rest of the crispy pepper!

Tips: *Garlic:* Garlic can be stored in a cool, dry, and dark place for several months (it will sprout in warm temperatures). *Shishito pepper:* Sweet with an occasional tinge of heat. Store in a paper bag in the warmest part of the fridge for up to a week. Also try this [shishito/corn/tomato relish](#). *Corn:* As corn's sugars quickly convert to starches after picking, sweet corn is best enjoyed as soon as possible after it has been harvested. Refrigerating helps slow this process. To enjoy the popular corn on the cob, shuck corn and steam corn in 1-2 inches of water for 6-10 minutes or place in boiling water for 3-6 minutes. To grill corn, place unhusked ears on the grill for approximately 20 minutes (soaking in water before putting on the grill will help keep the ear moist). Corn is a great addition to chowders, soups, sautés, corn bread, bean dishes, fried rice and salads. *Shallots:* Shallots are a member of the allium family (which includes garlic, onions, and leeks). Shallots can be substituted for other alliums, but are especially well suited to dishes where a slightly milder taste is preferred. Raw shallots are great in salad dressings. Use in sautés, curries, soups, pizza, and more.