



Box contents

Small share:

Tomato medley
 2 ears corn
 1 bunch basil
 1 lb. green beans
 2 jalapeños
 1 bell pepper (red/orange/yellow)
 1 ½ lb. Red Norland potatoes
 1 bunch red/Chioggia beets (Tues. this week, next week Thurs.)
 1 leek
 1 cabbage
 1 Patterson onion
 1 head broccoli (Vilas this Tues., Hilldale next)
 (Next up...edamame, shallots, melons?)

Regular share additional items:

1 green bell pepper
 Extra onion
 Extra tomatoes

Farm News

We did finally get some rain last week which helped, but we could still use some more and have been continuing to water. It has felt a little like fall with the cooler temps and wind in the last week. We still have plenty of summer ahead of us – which is good since we’re definitely not ready to let go of tomatoes and the rest of the summer crops – but it has been a nice teaser to think of the cozy sweaters, colorful leaves, and pumpkin flavors that are to come! Of course cool temps hasn’t helped hasten melon ripening...they are looking very promising but are not quite at their sweet peak ready for picking. Back to the present day...let’s talk about peppers! Usually when you buy them at the grocery store they’re pretty solidly green, red, orange, or yellow. Unless you have experience growing them yourself, you may not know that all peppers actually start as green peppers and then as they continue to mature, turn into colors and become sweeter (and hotter if they’re hot peppers). Now when I say they turn into colors, really I mean into whichever final color they are when mature – they don’t do a stoplight (green to yellow to red), but rather would go from green to yellow, or green to red. Don’t be surprised if you see a hint of green in the colored peppers in the box today. Peppers will continue to ripen indoors if kept in a warm place.

Recipes & Storage Tips

Green Bean Casserole with Crispy Onions

1 med. onion, halved & thinly sliced
1/8 c. flour 1 T breadcrumbs ¼ tsp. salt
Pepper High-heat oil, for deep-frying
1 ½ T. butter 6 oz. mushrooms, thinly sliced
Dash nutmeg (optional) Pepper ½ tsp. salt
2 garlic cloves, minced 1 ½ T. flour
¾ c. vegetable or chicken broth ¼ c. heavy cream
½ lb. green beans, trimmed and halved
 Toss onion with flour, breadcrumbs, salt & pepper. Heat ½ in. oil in a skillet. Add onions a handful at a time in a single layer; fry until light golden brown. Remove with a slotted spoon and drain on paper towels. Repeat with remaining onions. Heat oven to 400°F. Blanch green beans for 5 min.; drain and set aside. Melt butter in a skillet on med-high heat. Add mushrooms, salt & pepper; sauté until they release liquid (3-5 min). Add garlic; sauté for 1 min. Add flour and stir until coated. Add broth, ¼ cup at a time, while stirring. Simmer mixture for 1 min.; add cream and simmer (while stirring) until sauce thickens (5-6 min.). Add beans and stir until coated; sprinkle onions on top. Bake for 15 min.

Leek-Tomato Quinoa

1 ½ cups quinoa 2 cups water ½ tsp. salt
1 T. butter 2 cups leeks, finely chopped,
white & pale green parts only
¼ cup chicken broth 3 T. olive oil
2 medium-sized tomatoes, chopped
3 T. onions, chopped 3 T. basil, chopped
1 T. lemon juice Salt and pepper, to taste
 Rinse quinoa, mix with 2 cups water & salt in a pan. Bring to a boil and reduce heat to med-low. Cover & simmer until water is absorbed & quinoa is tender (~20 min.). Drain & set aside. Melt butter in a pan over med. heat. Add leeks & onions; sauté for ~5 min. until they soften. Add broth, cover & simmer until tender (~5 min.). Add quinoa & oil; stir until heated through (~5 min.). Add tomatoes, basil, & lemon juice. Season with salt and pepper.

Tips: *Leek:* Refrigerate unwashed for 2 weeks. Remove green tops to within 2 in. of white part. Eat raw, steam, sauté, or use in soups, casseroles, etc.