



### Box contents

#### Small share:

- 1 ½ lb. new Red Norland potatoes
  - 1 bunch dill
  - 1 bunch parsley
  - 1 lb. green beans
  - ½ lb. dragon tongue beans
  - ¾ pt. tomato medley
  - 2 fresh Walla Walla onions
  - 1 head Martin's Heirloom garlic
  - 1 bunch carrots
  - 1 head lettuce
  - 1 zucchini
  - 1 kohlrabi (small shares only)
- (Next up... potatoes, tomatoes, beans, peppers?)

#### Regular share additional items:

- 1 bunch beets
- 1 bunch kale

### Farm News

Potatoes and tomatoes in the boxes means summer is now really in full swing! As we're sure you've noticed, we're transitioning out of the greens-heavy part of the season into the heat-loving crops. We always savor our first harvest of fresh-from-the-field potatoes. These "new potatoes" haven't cured so they won't store as long, have delicate skins and more moisture, and also are slightly sweeter. Enjoy! Our tomatoes are really picking up now – the cherry tomatoes always mature first, and some of our Jaune Flamme tomatoes are also ready. There are also tons of green tomatoes in the hoop house and out in the field that are starting to ripen. We updated our [tomato identification guide](#) for 2016; check it out to see what's in your box this week and get excited for what's still coming! Though we generally get a good amount of exercise farming, we also like to fit some cardio in and jog the loop on our farm – out past the produce fields and through the prairies, along the perimeter of the property and down through the forest. It's really beautiful right now running by the yellow coneflower and bergamot blooming in the prairie. These summer nights are great for a bonfire by the stream, making s'mores and watching the glowing fireflies and darting bats fly overhead. We hope you're all enjoying some beautiful summer days and nights too!

### Recipes & Storage Tips

#### Roasted Carrots and Cherry Tomatoes with Carrot-Top Pesto Dressing

##### Pesto:

- 1 clove garlic
- 2 packed cups carrot tops, plus 8 sprigs for garnish
- ½ cup parsley leaves
- 1/3 cup + 1 T. toasted walnuts, coarsely chopped
- ½ cup Parmesan, coarsely grated
- 1 ½ tsp. (white) balsamic vinegar
- 1/3 cup + 1 T. olive oil

##### Roasted Vegetables:

- 1 bunch carrots, trimmed and cut lengthwise into sticks
- 12 oz. cherry tomatoes, halved
- 1 medium onion, cut into wedges
- 2 T. olive oil

To make pesto, mince garlic in a food processor, adding carrot tops, parsley, and 1/3 cup walnuts until finely chopped. Add Parmesan, salt and pepper, and 1 tsp. vinegar, pulsing to combine. Gradually pour in 1/3 cup oil and process until incorporated. Transfer half of pesto to a bowl, reserving half for another use. Whisk 1 T. oil, ½ tsp. vinegar, and 1 T. hot water into pesto to give it a dressing consistency; set aside. To roast veggies, preheat oven to 450°F. Place carrots, tomatoes, and onion on a baking sheet; season with salt and pepper, and toss with oil. Roast for 30-35 min. Transfer to a platter, dollop with pesto, and top with 1 T. walnuts and carrot top sprigs.

**Tips:** *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 (like the dill and parsley in the box this week!). *Dragon beans:* Refrigerate in a plastic bag and eat within a week. Great raw, but can also be steamed or lightly sautéed – but note the beans lose their variegated colors when cooked. Try the salad on our [bean page](#), substituting an onion for the shallot. *Parsley/dill:* Place stems in a cup of water (like a bouquet of flowers) in the fridge, or store in a damp towel and refrigerate. Best used fresh, but will last for up to a week; can be dried for long-term storage.