



Box contents

Small share:

1 ½ lb. new Red Norland potatoes
 Tomato medley
 1 bunch basil
 1 cucumber
 1 green bell pepper
 1 jalapeño pepper
 2 fresh Walla Walla onions
 1 bunch kale
 1 lb. green beans
 ¾ lb. dragon tongue beans
 1 zucchini
 (Next up... potatoes, tomatoes, peppers)

Regular share additional items:

1 pint tomatillos
 1 pint shishito peppers
 1 eggplant

Farm News

As we're sure you're aware, a couple big storms came through over the last week. The Mud Branch of the Lower Pecatonica River runs through our farm, and the stream swelled and flooded the bridge following the Saturday storm. We got lots of rain, but luckily didn't sustain much damage. These hot days really help to dry things out quickly. We figured folks are probably ready for a lettuce break, but if you're craving a salad this week, we recommend a refreshing tomato cucumber salad (recipe at right). Remember to consult our [tomato identification guide](#) if you'd like to learn more about all the tasty heirlooms, cherry tomatoes, paste varieties, etc. that we rotate through the tomato medleys. The tomatoes (and tomatillos for the regular shares) also make a great salsa – we made the recipe at right a couple times over the last week. I've had some folks asking for tips for using the all the greens we've had in the CSA so far. While we're easing up on the greens this time of year, we do still have some so I wanted to share a couple of my favorite recipes. This recipe for [fried greens meatlessballs](#) is a fantastic way to use lots of greens, so if you ever have extra kale, collards, chard, beet greens, turnip greens, kohlrabi greens, etc. you can blend them up and enjoy these balls as a hearty and delicious side or main course. Another simple and easy go-to recipe is [kale chips](#).

Recipes & Storage Tips

Tomato Cucumber Salad

Tomato medley *1 cucumber*
1 T. apple cider vinegar *Salt and pepper, to taste*
Leaves from a couple sprigs basil, finely chopped
 Coarsely chop tomatoes and cucumber. Add vinegar and basil, and spice to taste. Chill and serve.

Roasted Salsa

Tomato medley *Tomatillos (optional)*
1 green bell pepper *1 jalapeño pepper*
1 onion *3 garlic cloves (optional)*
1 T. olive oil *1 tsp. cumin*
Lime juice *Salt and pepper, to taste*
Fresh herbs such as basil, parsley, or cilantro
 Preheat oven to 400°F. Core tomatoes and tomatillos (removing husks on tomatillos first), and put on a baking sheet. Cut off stem (and pith for bell) from peppers, and cut in half lengthwise, placing cut side down on the baking sheet. Slice off roots from onion, halve and place cut side down on sheet. Cut root end off garlic if using, and add to sheet. Drizzle with olive oil, and bake for 20 minutes. With a spatula, transfer roasted veggies to a food processor or blender, and pulse until no large chunks remain. Add spices, chopped herbs, & lime juice, to taste. Enjoy with chips or in a taco/burrito.

Tips: *Cucumber:* Store in the hydrator drawer of the fridge for up to a week. Dice or slice and add into green salads or chilled vinaigrette salads, or add to a sandwich. *Tomatillos:* Store at room temperature (with husks on) for up to 2 weeks. For longer-term storage, refrigerate in husks (but not in a plastic bag). *Shishito peppers:* Sweet with an occasional tinge of heat. Store in a paper bag in the warmest part of the fridge for up to a week. [Sauté](#) for a delicious appetizer or side. *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 min.; then gently squeeze out any remaining liquid. Eggplant should be cooked to eliminate a substance called solanine. Try it baked, stuffed, sautéed, steamed, or grilled!