



Box contents

Small share:

1 quart edamame
1 bunch parsley
1 head lettuce
Peppers (1 red bell & 1 red Carmen)
2 shallots
Tomato medley
1 bunch kale (Tues.)/1 head savoy cabbage (Thurs.)
¾ lb. green beans
1 or 2 small cantaloupe(s)
1 watermelon (GHC & W. Main only – other sites next week!)

(Next up...tomatoes, peppers, potatoes, garlic, melons, eggplant?)

Farm News

It was another busy week at the farm with more rain and lots of harvesting/canning/freezing. This point in the year is a time of abundance, which on the one hand is spectacular as we get to reap the rewards of our hard work planting and weeding earlier in the season. On the other hand, it means we have to adopt a “preserve it or lose it” mentality, which means breaking out the Ball jars and freezer bags. While we want to share our abundance with all of you, we don’t want to overwhelm you and wanted to mention again that many items in the boxes freeze very well if you can’t eat it all in a week. If you’re not sure how to preserve a particular item, check out the [veggie pages on our website](#) for tips! Peppers are one of the easiest items to freeze – just chop how you’d like to use them later (in sautés, omelets, etc.), stick in a freezer bag, and freeze! If you don’t have time to process tomatoes, core them and freeze them whole. They will be mushy when they thaw later, but are perfect for chili, stews, etc. for a taste of peak summer during a cold winter day. To use a lot of tomatoes, you can always make what Chelsea calls “lazy tomato sauce” – core tomatoes, throw in a pot, cook and stir occasionally until a good amount of liquid cooks off, turn off heat, use an immersion blender to blend, let cool, and transfer into freezer bags. It’s a great blank slate tomato sauce to use later for pasta, casseroles, pizza, etc.

Regular share additional items:

1 eggplant
5 banana peppers

Recipes & Storage Tips

Red Bell Pepper and Olive Tapenade

2 medium red bell peppers
2 cups pitted Kalamata olives
½ cup parsley leaves, chopped
¼ cup olive oil *3 T. red wine vinegar*
Salt and pepper, to taste
Preheat broiler. Put bell peppers on a baking sheet, and broil for 10 minutes (until blackened on all sides), turning occasionally. Place in a bowl with a lid, cover, and let cool for 5 minutes. Remove skin, core, and seeds. Coarsely chop, and set aside. Put olives, parsley, oil, and vinegar in a food processor and process until finely chopped. Transfer to a bowl, and fold in peppers. Season with salt and pepper, to taste. Serve with baguette slices, pita wedges, or sliced veggies.

Tabbouleh

1 cup bulgur or couscous
1 bunch parsley
1 shallot
2 large tomatoes (or 1 large and half pint of cherry tomatoes)
½ cup olive oil
½ cup lemon juice
Salt and pepper, to taste
Bring water to a boil and cook bulgur/couscous according to directions. Drain and allow to cool. Wash and dry parsley. Coarsely chop parsley, shallots, and tomatoes. Add to cooled bulgur, olive oil, and lemon juice. Season with salt and pepper.

Tips: *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. *Watermelon:* Store at room temperature or refrigerated. Cut into slices or chunks and eat fresh! Alternatively, mash with a bit of sugar and ice for a refreshing drink. *Edamame:* Green soy beans are grown with the intention of being eaten fresh. The blanched beans can also be shelled and added to salads or other dishes.