



Box contents

Small share:

½ pint black raspberries
 1 zucchini
 1 bunch basil
 1 bunch chives
 1 bunch rainbow chard
 1 bunch Lacinato kale
 1 head lettuce
 1 bunch Hakurei salad turnips
 (Next up... cucumbers, collard greens, kohlrabi,
 Walla Walla onions)

**Regular share
 additional items:**
 1 head broccoli
 ½ pint raspberries

Farm News

We got pretty drenched last week, with 4 ½ inches of rain in one day. The bridge crossing the creek that runs through our farm – located between our buildings and fields – flooded. We were able to cross in the farm truck (and by pounding in stakes to mark the bridge edges so we knew where to drive). It made things a little exciting, and was a good reminder of how farmers sometimes need to get a little creative to be resilient and adaptable to all kinds of weather and field conditions. The rain and heat have been great for our summer crops. We have zucchini for everyone this week, and we expect cucumbers, onions, and green beans to follow shortly. This time of year we're transitioning from our cool, spring crops to our heat-lovers. We're including some new recipes for kale and turnips at right, and remember to check our [veggie pages](#) for more ideas. Our tomatoes are growing fast – about a foot per week in the last two weeks – in the hoop house. Peppers are getting mulched this week. We're also wrapping up a project that we've been at for a while – assembling a walk-in cooler. We currently have one smaller cooler with sliding doors, but having a large space will help us prolong the lives of even more veggies, and will be easier to organize. We're excited to share some delicious black and red raspberries with you this week! We endured a few scratches picking them but they're well worth it! These are such great snacks they hardly need recipe ideas, though we will say they're pretty good over ice cream. Enjoy!

Recipes & Storage Tips

Kale Tahini Salad

1 bunch kale
 1 T. olive oil
 ¼ cup dried cherries (or any dried fruit)
 ¼ cup pumpkin seeds

Juice from 1 lemon
 ¼ tsp. sea salt
 Dressing: 2 T. tahini
 1 garlic clove (or scape), minced
 Juice from ½ lemon 1 T. maple syrup

Remove kale stem; cut leaves into small pieces. Place in a large bowl; add lemon juice, olive oil & salt. Massage into kale until wilted (3-5 min.). Top with cherries and pumpkin seeds. Combine dressing ingredients in a small bowl, and mix into salad.

Pasta with Hakurei Turnips & Zucchini

8 ounces rotini (or other type of dry pasta)
 1 zucchini, quartered & chopped into ½-in. chunks
 1 bunch Hakurei turnips, cut into ½-in. chunks
 Salt and pepper, to taste
 3 garlic cloves (or scapes), minced
 ½ cup basil leaves, chopped
 ¼ cup farmers cheese, or ricotta
 1 cup grated Parmesan ¼ cup chives, chopped
 Bring a pot of water to a boil. Add pasta; cook for 8 min. (or according to pasta instructions). Heat a large skillet over med-high heat. Add zucchini, turnips, and 1/8 cup water. Cover and reduce heat to a simmer. Let cook for 5-8 min., until water is evaporated and veggies are tender. Turn off heat and remove lid. Season with salt and pepper. Drain pasta, reserving ½ cup of the pasta water. Mix pasta and veggies. Mix in the garlic, basil, cheese, and Parmesan so that all noodles are coated. Add a little pasta water, if necessary. Serve warm or cold. Top with additional Parmesan and chives.

Tips: *Raspberries:* Store in fridge for a few days. Eat them quickly, plain or over vanilla ice cream. *Zucchini:* Store in hydrator drawer for 4 days (or in a cool area like a basement). Eat raw, steamed, broiled, grilled, fried, baked or sautéed. Grate and add into a salad, or serve with a dip. *Basil:* Use as soon as possible. Place stems in a cup of water (like a bouquet of flowers) at room temperature, or store in a damp towel and refrigerate.