



### Box contents

#### Small share:

1 lb. green beans  
1 head lettuce  
1 bunch carrots  
3 cucumbers  
1 zucchini  
1 kohlrabi  
1 bunch kale  
1 fresh Walla Walla onion  
1 head fresh garlic  
½ pint raspberries (if you didn't get them last week)  
(Next up...green beans, zucchini, cucumbers)

#### Regular share

#### additional items:

½ pint Sun Gold  
cherry tomatoes  
1 bunch chard  
1 yellow summer squash

### Farm News

We're continuing to have many hot days and storms coming through the farm. This is the time of year where we're transitioning from some of the earlier, cooler-season crops, like those in the brassica family to the heat-lovers, like the solanaceae family. Brassicas include veggies like broccoli, kale, collard greens, bok choy, radishes, and more. Solanaceae – also known as nightshades – include tomatoes, peppers, potatoes, and eggplant. Our favorite cherry tomatoes are the yellow Sun Golds, which are just starting to ripen. The larger slicers and heirlooms won't be far behind. Our pepper plants are also setting lots of fruit, and green peppers will be coming soon. We had our eggplants covered with row cover (a white mesh material that serves as a barrier to pests, and also helps regulate temperature and moisture) until recently, since we have learned over the years that otherwise flea beetles can do a lot of damage in the spring. We also wanted to share a reminder that our summer potluck is on Saturday, July 29, from 12-4 pm. Please RSVP to Chelsea ([chelsea@plowsharesandprairie.com](mailto:chelsea@plowsharesandprairie.com)) if you can make it, and plan to bring a dish to pass. It is always fun for us to have more time to chat with CSA members and show everyone exactly where and how we grow the fruits and veggies that we put in the boxes every week. We hope you can join us! If you're not able to make it out to the farm during this busy time of year, remember there is another chance during our fall cider event on October 14.

### Recipes & Storage Tips

#### Fresh Veggie Rolls

##### Filling:

1 cucumber  
2 carrots  
¼ onion, diced  
1-in. piece of ginger, peeled and shredded  
1 hot pepper of choice or 1 tsp. Sriracha  
Salt and pepper, to taste  
¼ tsp. toasted sesame oil  
8 large rice paper wrappers  
Assorted herbs (basil, mint, cilantro)  
1 avocado, cut into wedges    Lettuce leaves, torn

##### Dipping sauce:

3 T. peanut butter                      1 T. soy sauce  
1 T. warm water                        ½ tsp. ginger powder  
½ tsp. garlic powder

Put cucumber, carrot, onion, ginger, and hot pepper or sauce in a bowl. Season with salt and pepper, add sesame oil, and toss. Place a bowl of hot water near your work area. Carefully dip a wrapper in hot water until it wilts and becomes translucent (about 15 seconds). Fill wrapper with herbs, cucumber/carrot mixture, and avocado. Fold over sides and roll. Set aside, and repeat with other wrappers. Mix all ingredients for dipping sauce in a small bowl. Thin with additional water if needed.

#### Kale Chips

1 bunch kale                                      1 T. olive oil  
Salt and pepper to taste

Preheat oven to 350°F. Wash and dry kale leaves. Remove leaves from stems, and cut or tear leaves into bite size pieces. In a bowl (or on a baking sheet), toss kale leaves with olive oil, salt and pepper. Spread onto baking sheet and bake for ~10 minutes until crispy (edges should brown slightly but not burn). Feel free to experiment w/ additional spices (we like paprika and red pepper flakes).

**Tips:** *Green beans:* Refrigerate fresh beans in a plastic bag. Green beans keep well for about a week. Prior to cooking fresh beans, remove strings and stems. *Fresh garlic & onions:* These are fresh from the garden and have not cured, so store in the fridge and use within a week or so.