



Box contents

Small share:

1 ½ lb. new Red Norland potatoes
 1 green bell or frying pepper
 Tomatoes
 1 lb. green beans
 1 bag carrots
 2 zucchini
 1 yellow summer squash
 3 cucumbers
 Sprig dill
 1 bunch basil
 1 Walla Walla onion
 1 head fresh garlic

(Next up...potatoes, garlic, onions, tomatoes)

Regular share additional items:

1 head lettuce
 1 bunch collards

Farm News

The biggest news around the farm lately is that it has been wet! So far we've measured over twelve inches of rain in the last month, which is about three times normal/ideal. If you haven't seen our photos and video on [Facebook](#) from last Thursday, check them out for some creative troubleshooting we resorted to in order to cross the flooded stream and get out to our fields to harvest veggies. While harvesting by canoe was sort of a fun adventure in the moment, we're hoping that it remains a one-time event. The challenging weather this season (a cold stretch last month and unrelenting storms and rainfall) means some of our crops are a little behind where they usually would be. Green beans, zucchini, and garlic have all been late. Our tomatoes are coming, but slower than our taste buds would like. We just started digging potatoes this week. Speaking of which, the potatoes in the boxes this week are referred to as "new potatoes" – they are fresh from the field and haven't cured so they won't store as long. They have delicate skins and more moisture, and also are slightly sweeter. We are currently drowning in cucumber and zucchini – so take extras from the swap boxes! We hope to see you here at the farm this Saturday, July 29, from 12-4 pm for our annual summer potluck. Please RSVP to Chelsea (chelsea@plowsharesandprairie.com) if you can make it, and plan to bring a dish to pass.

Recipes & Storage Tips

Refrigerator Pickles (Classic Chilly Dillies)

1 sprig dill
3 med. cucumbers *1 clove garlic*
3 black peppercorns *1 cup cider vinegar*
1 T kosher or sea salt *1 cup water*

Cut ends off cucumbers and cut into spears. Place dill in the bottom of a quart jar; peel and crush garlic clove and put in jar along with peppercorns; then put in the cut cucumber. Mix the salt, vinegar, and water in a container, stirring until salt is dissolved; then pour it over the cucumbers, filling the jar to the top. Put on lid and store in the fridge.

Chocolate Zucchini Cake

½ cup butter, softened *½ cup canola oil*
1 ¾ cups sugar *2 eggs*
1 tsp. vanilla
½ cup sour milk (or substitute buttermilk or put 2 tsp. lemon juice in ½ cup measuring cup and then top off with milk; let stand 10 minutes and then use)
2 ½ cups flour *4 T. cocoa*
1 tsp. baking soda *½ tsp. cinnamon*
½ tsp. cloves *2 cups zucchini, finely grated*
½ cup chocolate chips

Cream butter, oil, and sugar. Add eggs, vanilla, and milk. Beat well. Mix dry ingredients together and add to wet ingredients. Beat well. Stir in zucchini and chocolate chips. Spoon into 9" x 13" pan that has been greased and floured. Bake at 350°F for 40-45 minutes or until inserted utensil comes out clean.

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. *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. *Peppers:* Refrigerate in the hydrator drawer for a couple weeks. For longer-term storage, they can be diced and frozen in an airtight bag. Eat raw with a dip, on a sandwich, or diced in salad. Peppers are also delicious additions to sautés, omelets, quiches, casseroles, salsas, and soups.