



Box contents

Small share:

1 ½ lb. new Red Norland potatoes
Tomato medley
2 zucchini
3 cucumbers
¾ lb. broccoli
1 bunch parsley
1 bunch basil
1 bunch kale
1 head lettuce
1 Walla Walla onion
1 green bell or frying pepper
(Next up...potatoes, garlic, onions, tomatoes)

Regular share additional items:

1 yellow summer
squash
Extra 1 lb. potatoes
Extra bunch basil

Farm News

We enjoyed a small but very pleasant potluck on Saturday with good food and good company. We toured the produce fields, prairie, and in-progress barn restoration. The dogs enjoyed swimming in the Mud Branch, which has returned to its normal level. The recipe for the potato salad I made is included at right, and the chard slab pie recipe (one of my go-tos for using up large amounts of tender greens) is available [here](#). With more and more tomatoes ripening every day, summer has truly arrived at the farm. We grow many types of tomatoes to balance variety, flavor, and disease resistance. We tend to put a medley in the boxes to rotate in different tomato varieties. If you're curious about which specific varieties are in your box in a given week, consult our updated [2017 tomato guide](#) which includes photos and descriptions of the tomatoes we're growing this year.

We had hoped to put some summer broccoli, cabbage, and cauliflower in the boxes by now, but unfortunately we lost our planting of these brassicas because they were in the lowest part of our field which was just too wet given the amount of rain we've had this summer. But, with a respite from precipitation this weekend, we were able to catch up on many farm tasks including planting our fall brassicas. We are also nearly done digging our garlic and are excited about the large, beautiful heads we have this year.

Recipes & Storage Tips

Potato Salad Vinaigrette

1 ½ lb. new Red Norland potatoes, cubed
2 T. red wine vinegar
1 ½ T. Dijon mustard
2 T. olive oil
½ onion, diced
¼ cup parsley, chopped
¼ cup basil, chopped
Salt & pepper, to taste
Put potatoes in a pot, cover with water, bring to a boil, and cook until tender (about 15 minutes). Drain and let cool. Combine vinegar and mustard in a bowl; slowly mix in olive oil. Combine potatoes and vinaigrette. Add onions and herbs. Salt and pepper to taste. Serve at room temperature or cold.

Mediterranean Kale Salad

1 bunch kale, stem removed & shredded
2/3 cup tomatoes, chopped
½ cucumber, diced
½ green pepper, diced
½ onion, diced
¼ cup Kalamata olives 1 oz. feta
1/3 cup parsley, chopped
½ cup cooked bulgur
2 T. olive oil
2 T. lemon juice
Salt & pepper, to taste
Place kale in a bowl with 1 T. of lemon juice, and massage (this helps make it tender). Let sit while chopping the remaining ingredients. Chop tomatoes. Dice cucumber, pepper, and onion. Cut olives in half. Add to bowl with kale. Add feta, parsley and bulgur. In another bowl, mix olive oil, remaining lemon juice, salt, and pepper. Add to salad and toss to combine.

Tips: *Tomatoes:* Store at room temperature for up to a week, or longer if they are still ripening. Tomatoes are incredibly versatile – they can be sautéed, baked, broil, grilled, or eaten fresh. For a quick and easy side dish, slice tomatoes and arrange on a plate; drizzle with olive oil or a vinaigrette, chopped herbs such as basil or parsley, and a dash of salt and pepper.