



Box contents

Small share:

Tomato medley
 1 zucchini
 1 cucumber
 1 med. or 2 sm. eggplant
 1 pint shishito peppers
 1 bunch sage
 1 green bell pepper
 1 ½ lb. Red Norland potatoes
 1 head Martin's Heirloom garlic
 1 yellow onion

Regular share additional items:

Extra tomatoes
 1 bunch kale

(Next up...tomatoes, parsley, banana peppers?)

Farm News

In what continues to be a challenging weather season, a brief but intense hail storm hit the farm last Thursday. Surveying the field after we noticed the hail punched some holes in large leaves (such as in collards and winter squash). It also caused a little damage to ripe veggies – hence possible small bumps on the zucchini this week. Our eggplant has not been loving the wetter conditions this summer, but we finally have some smaller (but tasty!) eggplants in the boxes this week. Several Mediterranean countries have staple recipes that combine eggplant, tomatoes, peppers, and zucchini (think Greek soufiko, French ratatouille, and Spanish pisto) – clearly it's a winning combination. Thanks to those who have responded to our **brief (10-question), anonymous, mid-season survey**: <https://www.surveymonkey.com/r/HL5GB5M>. If you haven't done so yet and would like to provide feedback, the survey is still open. It's helpful for us to check in mid-season and hear about what is working well and what we can tweak going forward. We're glad that the new extras/swap boxes are a welcome addition to the drop sites and are providing a little more flexibility. We're also happy to know folks are enjoying tomatoes (there are lots more on the way!). Growing organic fruit can be a little challenging, and most CSAs are only able to provide limited offerings. We do our best to put in a few types of berries early in the season and melons (watermelon/muskmelon/cantaloupe) later on.

Recipes & Storage Tips

Soufiko

Olive oil *Salt*
 1 medium or 2 small eggplants, coarsely cubed
 ½ lb. potatoes, coarsely chopped
 1 zucchini, coarsely cubed
 1 green pepper, coarsely cubed
 1 onion, coarsely cubed *1 garlic clove, diced*
 1 lb. tomatoes, cubed *Oregano*

Cover a medium/deep frying pan with olive oil. Add veggies and pinch of salt. Cook covered over low heat for 20-30 minutes. Once tender, top with a dash of oregano and splash of olive oil.

Shishito Peppers

1 pint shishito peppers *2 T. olive oil*
1 tsp. lemon juice *Sea salt, to taste*

Heat olive oil in a wide sauté pan over medium heat. Add whole peppers, turning frequently until they begin to blister (10-15 minutes). To finish, toss with lemon juice and sea salt.

Roasted Tomato & Sage Sauce

1 lb. coarsely chopped tomatoes
½ medium onion, thinly sliced
2 cloves garlic, minced *2 T. fresh sage, chopped*
1 ½ T. olive oil, divided *½ T. red wine vinegar*
¼ tsp. salt *¼ tsp. pepper*

Preheat oven to 450°F. Combine tomatoes, onion, garlic, sage, 1 T. oil, vinegar, salt and pepper in a roasting pan. Roast, stirring halfway through, until tender (~15-20 min.). Lightly mash tomatoes to release juices and stir in remaining oil. Serve warm over pasta, on a panini, over baked fish, etc.

Tips: *Shishito peppers:* Sweet with an occasional tinge of heat. Store in a paper bag in the warmest part of the fridge for up to a week. **Sauté** for a delicious appetizer or side. *Eggplant:* Stores unrefrigerated at a cool room temperature or in the hydrator drawer of the fridge for up to a week. Eggplant can be peeled but does not have to be. To remove excess moisture, lightly salt eggplant slices and let sit in a colander for 10-15 min.; then gently squeeze out any remaining liquid. Eggplant should be cooked to eliminate a substance called solanine. Try it baked, stuffed, sautéed, steamed, or grilled!