

# Summer CSA 2016 WEEK 8

## Farm News, Box Contents, Recipes

Dear Farm Members, It's time to finally make one of those perfect summer salads: tomatoes, cucumbers, a bit of basil, tossed with olive oil, rice vinegar, salt, pepper, and some crushed garlic. The tomatoes are finally here and hopefully will slowly increase for the next few weeks and produce tons of delicious fruit until late October. Many of the cucumbers have been pretty ugly looking due to damage from cucumber beetles, but eating quality has still been very good. Despite their susceptibility to the beetles, we prefer these thin skinned Middle Eastern type cucumbers because they are so much more tender and tasty than typical supermarket cucumbers. Standard supermarket cucumbers are more resistant to cucumber beetles because of their thick skin, which usually needs to be peeled to eat them. They also ship and store better than the varieties we grow. As always, our goal is taste. Hope you all enjoy these fruits of summer. Thanks for supporting our farm, John Tecklin Mountain Bounty Farm

### **IN YOUR VEGGIE BOXES THIS WEEK**

#### REGULAR BOX

- Green beans
- Basil
- Sungold cherry tomatoes
- Cucumbers
- Carrots
- Little Gem Lettuces
- Rainbow Chard or Tatsoi
- Walla Walla onions
- Sweet corn! First little taste – much more to come!
- Garlic
- Red slicing tomatoes – many more coming soon!

#### SMALL BOX:

- Green beans
- Basil
- Sungold cherry tomatoes

- Cucumbers
- Carrots
- Little Gem Lettuce
- Rainbow Chard or Tatsoi
- Walla Walla onion

## FRUIT SHARE NEWS

This week's CSA box is packed delicious and nutritious summer fruits:

- Elegant lady yellow peaches
- Summer sweet White peach
- Grand sweet yellow nectarines, and
- Valley pearl green seedless grapes.

All of these are grown with attention and care by Lee Family Farms in Reedley, CA. Enjoy, – Your fruit packing friends of Sunset Ridge Fine Fruits [\(916\) 663-9158](tel:9166639158) [www.gotmandarins.com](http://www.gotmandarins.com)

## FLOWER SHARE NEWS

The flowers are flourishing and we're struggling to keep up with all of the harvesting and myriad of other chores but thankfully we have a few extra hands. Last week was the first week of our 4 week internship with our teenage interns who are helping out 3 days a week. They did awesome despite the hard work but we were easy on them and they got to do a lot of different things including getting a little lesson in floral design when we were doing some of our wedding prep last Friday. They're keeping us laughing and we're keeping them off of their phones. We're all becoming fast friends. This week in your share you'll be seeing some sunflowers, a dark version of queen anne's lace called black knight, scabiosa, white zinnias, dahlias and lysimachia.

Hope you're having a great summer so far! Enjoy, Angie Tomey

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## RECIPES

**SUMMER CSA SALAD** This week's box barely even needs a recipe-- tomatoes, cucumbers, lettuce, basil, carrots, green beans, corn, sweet Walla Wallas, they're all just screaming to be tossed together into a delicious fresh salad straight from the fields!

- [Tomato Cucumber Salad with Creamy Herb Dressing](#) (just use all basil unless you have other herbs in the fridge too)

- [Tomato Basil Feta Salad](#)
- [Greek Tomato Cucumber Salad with Farro](#)

Or a quick pasta:

- [Tomato Basil Pasta](#)

Or possibly a chilled soup?

- [Tomato Cucumber Soup with Basil](#)

**CARROTS** This week's recipe is a homage to the ever-sturdy carrot, of which you may still have a few from last week. Few vegetables last so long in the refrigerator bin yet remain so cheerily flavorful. Joanne Weir's recipe for Carrot Soup with Anise from her book *Kitchen Gypsy* is a delicious turn. The slightly sweet nature of the anise seeds brings out the natural sweetness of the carrots. The cream and the additional layer of anise liqueur turn this soup into a main event worthy of sharing with friends.

- [Carrot Soup with Anise](#)
- [Indian Carrot Tomato Soup](#)

**Green Beans & Corn** Here's a traditional Indian recipe for a side dish to go with that last soup recipe (it's ok to just use 2 ears of corn, they're so flavorful!):

- [Green Bean Corn & Coconut Stir-Fry](#)

If you get the small box, don't fret, your corn is coming soon! In the meantime here's a great Indian recipe for your green beans too (just use your cherry tomatoes):

- [Green Beans with Onion & Tomato](#)