

Summer CSA 2016 WEEK 9

Farm News, Box Contents, Recipes

Dear Farm Members,

Looking out at the fields, tomato harvest has started to increase, and those tomatoes are looking and tasting good. We are also picking the first solid batch of sweet corn this week. We planted five successions of sweet corn and each planting gives us about 10 days of harvest, so you can expect corn to appear in your boxes semi regularly until sometime in September. Here's my yearly FSA (Farm Service Announcement) about worms in the sweet corn: there are worms in the sweet corn. We will cut the tips off to clean the ears up a bit, but you may still encounter some worms or worm debris. I am of the opinion that organic sweet corn is worth this minor inconvenience. Please join me in prayer that all may one day accept the imperfections in the sweet corn! Thanks! John Tecklin Mountain Bounty Farm

IN YOUR VEGGIE BOXES THIS WEEK

REGULAR BOX

- Little gem Lettuces – still so good for summer lettuce!
- Scallions
- Red slicing tomatoes – mostly Early Girl types
- Sungold cherry tomatoes
- Italian Parsley
- Sweet corn (please see John's note about worms above!)
- Bok choy
- Green beans
- Beets

SMALL BOX:

- Little gem Lettuce
- Scallions
- Red slicing tomatoes – mostly Early Girl types
- Sungold cherry tomatoes
- Italian Parsley
- Sweet corn (please see John's note about worms above!)

- Bok choy

FRUIT SHARE NEWS

This week's box of fruit comes from Lee Family Farms. First off we have Grand pearl white nectarines and Grand sweet yellow nectarines. Followed by Elegant lady yellow peaches and Summer sweet white peaches. We top it off with Valley pearl green grapes. We hope you and your family enjoys all of them. Enjoy, Your fruit packing friends of Sunset Ridge Fine Fruits [\(916\) 663-9158](tel:9166639158) www.gotmandarins.com

FLOWER SHARE NEWS

As always the flowers are keeping us on our toes this week. So many different things coming out of the field right now that it's difficult to keep up with all of the harvesting. We've had weddings the past 3 weekends and are looking forward to a little break from the weekend work for the next few weeks. Last week we finished our seeding of all the fall biennials that we plant like campanula, delphiniums, dianthus and foxgloves. They will get planted in October and will overwinter and be some of our earliest flowers for our Mother's Day bouquets. This week we're picking lots of dahlias. The first planting of them that are in the hoop house are going completely mad right now, so you'll see lots of them in your bunches today. Also gorgeous 'uproar rose' zinnias, scabiosa stellata, amaranth, red cosmos and perhaps a few lemon yellow sunnies. Have a great week!! Angie Tomey
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RECIPES

SUMMER SALADS The Little Gems lettuces are a summertime treat, so crunchy and sweet! Their petite size is great for dipping or easy 2-person salads, but they're also sturdy enough to toss on the grill! Here's a few recipes to inspire your salad courses:

- [Grilled Little Gems Salad with Pita Croutons](#) (with tomatoes & parsley)
- [Anchovy, Little Gem and Tomato Salad](#)
- [Grilled Nectarine and Burrata Salad](#)

This one calls for cukes and basil but this week's box calls for steamed beets and parsley in their place. It's going to be delicious!

- [Summer White Corn and Nectarine Salad](#)

And here's a few more fruity summer salads:

- [Grilled Chicken and Nectarine Salad](#)
- [Roasted Beets and Nectarine Salad](#)
- [Roasted Nectarine and Blue Cheese Salad](#)

BOK CHOY & SCALLIONS This recipe calls for leeks but your scallions will substitute nicely. This would be a great recipe to include your sweet corn too, if you can resist eating it by itself!

- [Stir-fried Chicken and Bok Choy](#)

GREEN BEANS, CORN, TOMATO Thanks to member Karen Jorgensen for this recipe last week: I found this recipe that uses 5 of the veggies in this week's box; though you might want it. Note there is a typo in title, it actually calls for red onions, not green. I used the Wallas and cherry tomatoes instead of Roma's. Made it last night and it was Yummy!

- [Green Beans with Roasted Corn and Green Onions](#)