

Summer CSA 2016 WEEK 14

Farm News, Box Contents, Recipes

IN YOUR VEGGIE BOXES THIS WEEK

Regular Box:

- Scallions
- Basil
- Tomatoes
- Savana Green Beans
- Tango Celery
- Melons – We grow a whole bunch of different varieties all at once so you could get one of several cantaloupe varieties, honeydew, Ananas, Galia, watermelon varieties, canaries, and more!
- Zucchini
- Globe and/or Asian Eggplant
- Jalapeños
- White Sierra Blanca onion
- Red Russian Kale

Small box:

- Scallions
- Small bunch Basil
- Tomatoes
- Savana Green beans
- Melons – We grow a whole bunch of different varieties all at once so you could get one of several cantaloupe varieties, honeydew, Ananas, Galia, watermelon varieties, canaries, and more!
- Zucchini
- Globe and/or Asian Eggplant
- Small bunch Bright Lights Rainbow Chard

FRUIT SHARE NEWS

This week in your summer fruit CSA we have Bartlett Pears from Steamboat Acres orchards. The Nuerath family have been farming this deep, fertile soil along the Sacramento River in the small town of Courtland for 5 generations. Tim and his son Mike have

continued the long-standing tradition of quality fruit. From Lee Family Farm we have Emerald Beaut plums, Krissy grapes, O'Henry yellow peaches and September Snow White peaches. So here's to you health and enjoyment Greg Lewis - Sunset Ridge Fine Fruits 7825 Fox Hill Lane - Newcastle, Ca 95658. Office phone [\(916\)663-9158](tel:9166639158)

FLOWER SHARE NEWS

The quail babies that were born in and amongst the cynnoglossum have fledged and are flying around the field and beyond. The millet that's going to seed is full of sparrows and goldfinches, stuffing themselves full. It's a time of transition in our fields as many of the early season crops have gone to seed and are ready to get mowed down. I always do a lot of seed saving so these days I'm walking around with jars, gathering seed heads from my favorite, non-hybrid crops. Some of my favorite crops to save seeds from are the Ammi's or queen anne's lace, poppies, scabiosa, cosmos and celosia. This week we're harvesting more of our beautiful lisianthus. This pink and brown lisianthus which we started from seed in early January was planted in early June. Lisianthus is an incredibly slow growing flower when started from seed but we've found it to be well worth the wait. They are extremely long lived, sturdy and gorgeous. Also in your bouquets you'll see some of our new crop of zinnias- queen red lime and lime, asters, celosia and dahlias.

Enjoy!! — Angie Tomey

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Connect.



RECIPES

GREEN BEANS

Here's a few different styles to try out with your abundance of green beans this week:

- [Chinese "Dry-Fried" Green Beans](#)
- [Southern Style Green Beans](#) with bacon!
- [Spicy Indian-Style Green Beans](#)
- [Pickled Green Beans](#)

CELERY and MELON and SCALLIONS

Here's a refreshing summer recipe:

- [Celery_Melon_Salad_with_Feta](#)

EGGPLANT

I have two of the most scrumptious recipes for eggplant that I want to share with you here. If you think you don't like eggplant, try one of these and let me know that you've changed your mind!

- [Roasted Garlic Baba Ganoush](#) (from our Week 10 newsletter- lots of great recipes for **CELERY** that week too!)... I made this dip last week without the roasted garlic (I just used 2 cloves raw) and increased the smoked paprika to 2 Tbl- so delicious for veggie-dipping!
- **Miso-Glazed Japanese Eggplant** (also from *Piece of My Heart*) This recipe is awesome with rice or noodles. It will win over even a die-hard eggplant aversion, but the sauce is also great with other vegetables, tofu, and fish: Preheat oven to about 400°. Combine in a small bowl: 2 Tbl miso 1-2 tsp honey or other syrup 2 tsp sesame oil 1 Tbl rice vinegar 1 Tbl grated fresh ginger 2 cloves garlic, finely grated 3 Tbl water Pinch red pepper flakes, optional Set this sauce aside. Combine in a baking dish: Japanese eggplants, cut into large diagonal chunks or sliced in half lengthwise Olive oil, to coat 1/4 tsp salt Roast for about 25 minutes, then cover in sauce (above) and return to oven for 5-8 minutes more. Garnish with sliced scallions.