



Your patience is paying off: this week many new veggies are arriving! The first exciting new vegetable are green beans. You can thank many worker shares for spending their shifts picking these for you. They are delicious! These beans are coming from the first picking of our first planting. The first beans are always the most tender. You each will get a generous bag – 1.25 pounds each! We hope you enjoy these mid-summer treats.

Also new this week are carrots. Your carrots will be bagged, without the greens. While we sometimes give you carrots in bunches with the tops, we are giving them to you in bulk this week. Why? They will store much better in your refrigerator this way – and since you are getting a fair amount we thought this would be a good idea. When carrot tops are left on, they actually suck the moisture out of the carrot itself. So this way, your carrots will store for weeks – just keep them in their bag.

Another new item this week is red potatoes! We are extremely happy with these potatoes. Their yield was fantastic; we pulled about 720 pounds of potatoes out of one bed yesterday. Not only was our yield great, but the potatoes are a good size. These are the largest red potatoes we've ever harvested.

To get the potatoes clean, we run them through

our brush washer. Basically, this machine consists of a conveyor belt that pulls the potatoes (or whatever vegetable – bulk beets, cukes, zukes, etc.) onto a series of moving brushes. Water lines spray the potatoes as they travel over these brushes. Then the potatoes come out onto rotating table where we can sort them and pack them for storage.

While the brush washer does a fantastic job getting the dirt off the red the potatoes, it scuffs the skins up a little bit, because new potatoes have really thin skins.

Another new item this week is sweet corn! We have 4 plantings of sweet corn in total. In our first planting we put in two varieties, one of them being an early one. So the corn you are receiving this week is the early variety from our very first planting. You will each receive 3 ears in this first round, and many of these ears will be smaller in size. We picked the corn just a tad earlier than we might normally because at our new farm land, we have a pest we don't have at the Pioneer road land – raccoons! Raccoons absolutely love sweet corn. They have been very adept at harvesting from this first planting of sweet corn, so we harvested the ears earlier than normal to prevent them from snatching more. Meanwhile, we are in the process of setting up an electric fence

that should deter them from future plantings.

A note on our sweet corn; it is what are organic certifiers call transitional. While everything we grow at the main farm on Pioneer Road is certified organic, the sweet corn that we are growing on our new property is considered transitional. While our practices themselves follow the organic guidelines, any food grown from this field won't be considered organic until next year. That's because the previous landowner farmed conventionally for the 2007 growing season.. To be certified organic, the land has to be free from chemical inputs for 3 years. So as we wait for this time period to be over, the corn is considered 'transitional'

Okay, another new item: onions! These are sweet spanish onions. They are on the small side, because our onions are still bulking up. But we couldn't resist giving you this fun treat asap! Great for carmelizing.

And finally, the parade of new veggies ends with Japanese eggplant. You cook these just as you would the globe shaped eggplant. See page 2 of the newsletter for recipe ideas, as we know this veggie might be a new one for many of you.

Enjoy!  
Mike and Cassie

## In the Box:

**Basil**

**Broccoli Shoots**

(these are what the plant produces after the main head has been cut)

**Carrots**

**Cucumbers**

**Garlic**

**Green Beans**

**Head Lettuce**

*Green summer crisp*

**Japanese Eggplant**

**Onion, Sweet**

**Spanish**

**Red Potatoes**

(for best storage, put in a paper bag in your cabinet or plastic bag in fridge)

**Sweet Corn**

**Zucchini**

(green and/or gold)

**REGs = regular shares only**

**EOs = everyother shares only**

# Recipes

## Green Bean and Mushroom Medley

1/2 pound fresh green beans, cut into 1-inch lengths  
2 carrots, cut into thick strips  
1/4 cup butter  
1 medium sweet onion, sliced  
1/2 pound fresh mushrooms, sliced  
1 teaspoon salt  
1/2 t seasoned salt  
1/4 t garlic salt  
1/4 t white pepper

1. Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain.
2. Melt butter in a large skillet over medium heat. Saute onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, salt, seasoned salt, garlic salt, and white pepper. Cover, and cook for 5 minutes over medium heat. Great over rice.

## Yogurt Basil Cucumber Dip by member Anya Milhans

### Ingredients:

Plain yogurt (whole milk is best- try Brown Cow) - 1 single serving cup  
Chopped fresh basil- 1/2-1 bunch  
Freshly squeezed juice from 1/2 a lemon, lemon zest can be added in addition.  
Salt and pepper to taste (I put in a generous amount of salt)  
Extra virgin olive oil (1 T optional- if using light or fat free yogurt)

Mix well and eat with sliced cucumbers (about 1 cucumber per recipe of dip). Makes 2-4 servings, depending how much you end up loving this dip. :)

## Shiitake Mushrooms, Zucchini, and Quinoa Pilaf

2 1/2 c. water  
1 tsp extra virgin olive oil  
1 1/2 cups coarsely chopped fresh shiitake mushroom caps  
6 cloves garlic, thickly sliced  
1 1/2 cups coarsely chopped onions  
2 cups zucchini, cut into bite-sized pieces  
1/2 cup julienned carrots  
1 1/4 cups quinoa, rinsed and drained  
1 Tbs. fresh thyme or 1 tsp dried  
1 1/2 tsp curry powder  
1/2 tsp salt  
3/4 tsp fresh rosemary, or 1/4 tsp dried pinch cayenne pepper, or to taste

1. Bring the water to boil in a teakettle or small pot.
2. Heat the oil in a medium-sized skillet over medium heat. Add the mushrooms and sauté for 3-4 minutes, or until browned.
3. Add the garlic onions, squash and carrots to the skillet. Saute, stirring occasionally for 4 minutes, or until the onions begin to soften and the ingredients become fragrant. Stir in the quinoa, thyme, curry powder, salt, rosemary, and cayenne.
4. Add the boiling water, and bring the ingredients to a boil over high heat. Reduce the heat to medium-low, and simmer covered for 10-15 minutes, or until the water is absorbed. Adjust the seasonings, if desired.
5. Serve immediately

From: Going Wild in the Kitchen by Leslie Cerier. 2005.

## Eggplant Dip

1-2 japanese eggplant	juice of 1/2 lemon
1 garlic clove, crushed	1/2 t ground cumin
2 T tahini	2 T fresh mint or basil leaves
1/8 C ground almonds	2 T olive oil
Salt and black pepper	pita bread

1. Broil the eggplant, turning them frequently, until the skin is blackened and blistered. Remove the skin, chop the flesh roughly and let drain in a colander. Wait for 30 minutes, then squeeze out as much liquid from the eggplant as possible.
2. Place the eggplant flesh in a blender or food processor. Add the garlic, tahini, almonds, lemon juice and cumin. Season with salt and pepper, and then process to a smooth paste. Chop half the mint/basil and stir in.
3. Spoon into a bowl, sprinkle the remaining mint/basil leaves on top and drizzle with olive oil. Serve with toasted pita bread.