



It's hard to believe that we're already in the last week of July. The season is just flying by! To herald the transition into August, some hot weather crops are making their first appearances in the boxes this week.

New this week is globe eggplant. These really are beauties! We know that eggplant is one of those veggies that some of you may not be thrilled about. If you're one of those folks I have one word for you – grill. I too disliked eggplant way back when, and grilling was the way I first found it to be tasty. In general, when cooking with eggplant that is sliced, it's a great idea to salt the eggplant and set in on some paper towels. The salt helps pull out water from the fruit, giving a better texture and flavor once it's grilled or fried. For first time eggplant eaters, make sure to check out the recipe on the back!

You'll see that tomatoes are also making their first appearance this week! Sungold tomatoes are the little gold, bite-sized numbers that are super sweet and delicious. We actually had enough ready last week that we snuck some in the boxes of the REG farm members. This week, the remaining REG members will get sungolds, as well as EOs at Epic. We will keep careful track of who has received them and continue circulating the sungolds through the drop sites. For those of you who have to be patient, don't

worry - soon there will be tomatoes galore!

While broccoli itself is not a new item, some hitch-hikers on the broccoli are. Yep, starting this time of year, broccoli can often have caterpillars living within their branches. Cabbage moths fly around the fields in the spring and lay their eggs on the broccoli. By mid-summer, the caterpillars can be about 1 inch long, and quite camouflaged. We soak the broccoli when it comes in from the field in order to drown the caterpillars, but inevitably some survive this. So we suggest that any broccoli you get while it's still hot out, that you submerge it in water for about 10 minutes. Generally this will root out any caterpillars.

One of our members reported finding a caterpillar in her broccoli last week, and her kids decided to make it a pet! This is really cute, but we realize many of you won't necessarily feel all warm and fuzzy about your caterpillars. We know they are unpleasant, but just remember that these caterpillars are a symbol (though unpleasant, we know) of the organic, pesticide-free produce you are eating. You could be eating broccoli laced with synthetic insecticides... I don't know about you, but a caterpillar seems quite a bit more benign than an insecticide!

In other farm news, we're already looking ahead towards the fall and even next season. Today we transplanted our first round of fall crops. Meanwhile, as some crops are coming to an end, we're thinking about how to take care of our soil to ensure good fertility next season.

This week, we're tilling the beds that housed peas, beets, and many of our brassicas (broccoli family). In order to protect our soil from rains that lead to run-off and also to build back up some of the nutrients we took from it (that consequently ended up in your bellies), we will be cover-cropping those beds with hairy vetch. Hairy vetch is a slower growing cover crop, but it is fantastic at fixing nitrogen from the atmosphere. Not only will the vetch return carbon to the soil once its tilled in next year, the nitrogen will be enjoyed by crops going into those beds next year. 2010, here we come!

Finally, a reminder about our upcoming corn boil and potluck at the farm on Saturday, August 8<sup>th</sup> at 3pm. This is one of our favorite events – we'd love for you to come! We'll have the sweet corn and give a tour, you bring a dish to pass with fellow farm members.

Take care,  
Mike and Cassie

## In the Box:

**Broccoli**  
**Carrots - EOs**  
**Cucumbers**  
**Dill**  
**Eggplant**  
**Garlic**  
**Green Beans**  
**Head Lettuce - EOs**  
*Green Romaine*  
**Onion, Yellow**  
**Red Cabbage**  
**Red Potatoes**  
*(for best storage, put in a paper bag in your cabinet or plastic bag in fridge)*  
**Sungold Tomatoes**  
*Various dropsites*  
**Zucchini**  
*(green and/or gold)*

REGs = regular shares only  
EOs = everyother shares only

**Reminder!!!**  
**CSA Corn Boil and Potluck**  
  
**Saturday,**  
**August 8<sup>th</sup>; 3pm**

# Recipes

## Cucumber Salad

by members David Sulman & Anne Altshuler

3 tablespoons white vinegar  
3 tablespoons cold water  
2 Tablespoons sugar  
1/2 teaspoon salt  
1/8 teaspoon white pepper  
2 Tablespoons chopped fresh dill  
2 large cucumbers (3/4 pound each)

1. Stir together the vinegar, water, sugar, salt and pepper until the sugar is dissolved.
2. Stir in the dill. Set aside.
3. Rinse the cucumbers well. Peel, leaving a few long, narrow strips of peel.
4. Slice paper thin and add to marinade.
5. Toss gently, cover and chill well. Serve with a slotted spoon.

## Eggplant Delight

This is basically an open-faced fried eggplant sandwich. Yummy!

3 T olive oil  
1 medium eggplant, sliced into 1/4 inch rounds  
1 medium onion, sliced into rings  
1 clove garlic, minced  
1/2 C shredded Cheddar cheese  
salt and pepper to taste  
good bread  
optional:  
bread crumbs  
sliced tomatoes  
basil

Heat oil in a large skillet over medium-high heat. Add onion and garlic, and saute until browned. Remove the onion and garlic to a bowl, and place eggplant slices in the hot skillet. Fry on both sides until browned and tender. Season with salt and pepper. When the eggplant is tender, top slices with onion, and then cover with cheese. Allow cheese to melt for a few minutes. If desired, you can just eat this as a side, but we recommend taking the next step and turning it into an open-faced sandwich. Take your eggplant and placed them on bread slices. Add whatever toppings sound good to you, like tomatoes, basil, bread crumbs, shaved parmesan etc. Then toast the sandwiches in a toaster oven. Delicious!

## Simple Red Cabbage Salad

easy and delicious!

1/2 C canola oil  
2/3 C red wine vinegar  
1 T white sugar  
1 t salt  
1 t seasoned salt  
1/4 t ground black pepper  
1/4 t onion powder  
1 head red cabbage, cored and shredded  
Optional: toss in crumbled blue cheese!

In a bowl, mix the canola oil, red wine vinegar, sugar, salt, seasoned salt, pepper, and onion powder. Place the cabbage in a large glass bowl. Pour dressing over cabbage, and toss to coat. Cover, and refrigerate 8 hours, or overnight, stirring occasionally. Drain before serving.

## Green Beans and Zucchini

From [Southern Living](#); Nov. 2002

1-1.5 lb fresh green beans, trimmed and cut into 1 inch pieces  
1/4 C butter or margarine  
1 small onion, diced  
1 garlic clove  
2 medium zucchini, sliced  
4 bacon slices, cooked and crumbled  
1/2 teaspoon salt  
1/4 teaspoon pepper

1. Cook green beans in boiling salted water to cover, 10 to 15 minutes or until crisp tender. Drain.
2. Melt butter in a large skillet over medium-high heat; add onion and garlic, and sauté 5 minutes or until tender.
3. Add sliced zucchini, and sauté 3 to 4 minutes or until tender. Stir in beans, bacon, salt, and pepper, and cook 2 to 3 minutes or until thoroughly heated. Serve immediately.