



*It must be August, because the melons are here! This week we will begin to circulate muskmelon and watermelon. Hopefully after next week, each farm member will have received a melon.*

*So you may be wondering, "Why doesn't everyone get a melon this week?" It's a great question. The answer is: because melons are really, really difficult to grow. For example, out of 350 plants this week, there were only 80 muskmelon that were of good enough quality to give to CSA. Growing melons is very unprofitable for us, but we do it because we know how much you like to have that chin-dripping feeling.*

*All EO members will receive musk melon this week. (Muskmelon is what many people mistakenly call cantaloupe.) The type this week is green inside, with yellow on the outside rind. For best enjoyment of this melon, leave it on your counter for a few days to let it continue to ripen. It is ready when it has a slight softness to the touch and has a good, slightly sweet smell.*

*Farm REG members will be receiving yellow watermelon this week. (All the other REGs should hopefully get some kind of melon next week – hang in there!) Watermelons won't ripen any further once harvested, but they still keep best outside of the fridge until you eat it.*

*It's not only your*

*melons that like to be kept outside of the fridge. Remember that onions, potatoes (this time of year), tomatoes, and basil don't like to be stored in the fridge either. You're thinking, basil? Yep. Basil really doesn't like cold temperatures at all. Anything under 43 degrees or so, and it blackens. So the best thing to do with this finicky herb is to treat it like a flower; put it in a glass with some water on the counter. That way it will stay hydrated but won't degrade from the cold.*

*In other farm news, each member will receive 1.5 pounds of carrots this week. If you recall, to get our carrots clean we run them through our barrel washer and then spray them with a power washer. Unfortunately, the power washer was used on too strong a setting. The result is that there are little nicks and what look like nibbles out of the carrots. Never fear, it is not a creature or a pregnant lady tasting your carrot, rather just too strong a water stream. While not as pretty as usual, the carrots still have their great taste.*

*Of note this week are a couple of new items: green peppers and broccoli romanesco. Now this is a funky looking vegetable if you ever saw one. It's basically broccoli meets cauliflower in terms of its taste and texture,*

*but it looks crazy. Several UW math professors have purchased this vegetable because it is a great example of fractals. Some of them were really large, so you may receive a half head. As funny as it looks, it is yummy. Cook it as you would broccoli or cauliflower.*

*Also new at the farm this week is the beginning of the onion harvest. This is really exciting! Over the next couple of days, we will be pulling all of our onions from the field and stacking them on pallets in the barn so that they can dry out and cure.*

*Before too long, we will do a similar harvest of our potatoes. We ask you all to send your good wishes for our potatoes. Why? Late blight has been recently spotted in the area, and it basically has the ability to not only severely weaken tomato yields, but to absolutely destroy a potato harvest. The blight causes the potatoes to rot once in storage. Cross your fingers for us (and for you!!).*

*Hope to see many of you at the potluck this weekend! We'll be in the big red barn at the farm: 3828 Pioneer Rd. You bring a dish, we'll have the sweet corn! Take care, Mike and Cassie*

## In the Box:

**Basil**  
**Broccoli Romanesco**  
*(pale green, sea coral look)*  
**Carrots**  
**Cucumbers**  
**Eggplant (Globe) EOs**  
**Eggplant, Japanese**  
- Regs  
**Fennel - EOs**  
**Garlic**  
**Green Beans**  
**Green Pepper**  
**Jalapeno**  
**Muskmelon - EOs**  
**Onion, Sweet**  
**Red Cabbage- EOs**  
**Red Potatoes**  
*(for best storage, put in a paper bag in your cabinet or plastic bag in fridge)*  
**Sungold Tomatoes**  
*Various dropsites*  
**Sweet Corn**  
**Watermelon - farm**  
REGs  
**Zucchini**  
*(green and/or gold)*

REGs = regular shares only  
EOs = everyother shares

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

## Recipes

### Peanut Noodles and Veggies

7 oz chinese egg noodles  
2 T olive oil  
2 garlic cloves, crushed  
1 sweet onion, roughly chopped  
1 bell pepper, seeded and roughly chopped  
1-2 zucchini, roughly chopped  
1 C green beans, cut in 1 inch pieces  
1-2 carrots, thinly sliced  
1 C broccoli romanesco, roughly chopped  
1 C roasted unsalted peanuts, roughly chopped

For the dressing:

1/2 C olive oil or peanut oil  
3 T lemon juice  
1 jalapeno, seeded and finely chopped  
1-2 T balsamic vinegar  
Salt and freshly ground black pepper

1. Cook the noodles according to the package instructions and drain well.
2. Meanwhile, heat the oil in a large frying pan or wok and cook the garlic and onion for 3 minutes, or until beginning to soften. Add the other veggies and cook for another 15 minutes over medium heat, until beginning to soften and brown. Add the peanuts and cook for 1 minute more.
3. Whisk together olive (or peanut) oil, lemon juice, jalapeno, and balsamic vinegar. Season with salt and pepper.
4. Toss the noodles into the veggies and stir-fry to heat through. Add the dressing, stir to coat and serve immediately.

### Creamy Carrot and Fennel

1 t olive oil  
3 carrots, shredded  
1 fennel bulb, trimmed and diced  
1/2 t ground coriander  
1/4 t fennel seeds  
1/2 C heavy cream

Heat the olive oil in a skillet over medium heat. Stir in the carrots and fennel, and season with coriander and fennel seeds. Cook until lightly browned. Mix in the heavy cream, and reduce heat to low. Simmer about 5 minutes until the cream has been absorbed into the carrots and fennel. Serve hot. (Can also puree this and make a soup!)

## Home-Style Green Bean Bake

1 10.75 can cream of mushroom soup  
1/2 C shredded cheddar cheese  
1 lb green beans; cut into 1-inch pieces  
1 2.8 oz can french-fried onions

1. IN a large bowl, combine soup, cheese, and green beans. Transfer mixture to a 1.5 Qt. casserole dish.
2. Bake, covered, at 350 degrees for 40 minutes. Remove from oven and stir; sprinkle with french-fried onions. Bake about 5 minutes more or until heated through.

### Vegetarian Nori Rolls

*These are a fantastic way to use cucumbers, zucchini, and carrots together in a refreshing summer meal!*

2 C uncooked short-grain white rice  
2 1/4 C water  
1/4 C soy sauce  
2 t honey  
1 t minced garlic  
3 ounces firm tofu, cut into 1/2 inch strips  
2 T rice vinegar  
4 sheets nori seaweed sheets  
1 cucumber, julienned  
1/2 avocado, julienned  
1 carrot, julienned  
1 zucchini

1. In a large saucepan cover rice with water and let stand for 30 minutes.
2. In a shallow dish combine soy sauce, honey and garlic. In this mixture marinate tofu for at least 30 minutes.
3. Bring water and rice to a boil and then reduce heat; simmer for about 20 minutes, or until thick and sticky. In a large glass bowl combine cooked rice with rice vinegar.
4. Place a sheet of nori on a bamboo mat or counter top. Working with wet hands, spread 1/4 of the rice evenly over the nori; leave about 1/2 inch on the top edge of the nori. Place 2 strips of marinated tofu end to end about 1 inch from the bottom. Place several strips of cucumber next to the tofu, then avocado, zucchini and carrot.
5. Roll nori tightly from the bottom, using the mat to help make a tight roll. Seal by moistening with water the 1/2 inch at the top. Repeat with remaining ingredients. Slice with a serrated knife into 1 inch thick slices. Optional condiments that make nori rolls awesome: wasabi paste, pickled ginger slices, and soy sauce.