



*This week is: **GROUP B***

*(next group B is week is 7/30/08)*

## THE JULY TRANSITION

*This week marks the first really heavy summer heat we've had so far this season. It has come just in time to help bring us through the transitional time that is mid-July. At this point in the season, all our spring crops are just about finished. Salad mix, radishes, salad turnips, strawberries, and (soon) peas are all done. In just a few weeks, a whole new line-up of summer-loving crops will be ready: melons, tomatoes, peppers, and eggplant. And are they ever happy to have some ninety-degree days to really get growing!*

*By mid-July, we're also finishing the last of the*

*transplanting for the year. This week we will put in the last zucchini and cucumbers. We also start planting the carrots, beets, and cabbage that will be for our winter storage crop.*

*One crop that will definitely start showing up more often in your boxes from now through the fall (and winter), is garlic. By Friday, we will have completed the garlic harvest for the season. Unlike other crops that we harvest a little at a time, garlic comes out of the ground mainly in one big push. Our greenhouse has now transitioned from a place where we start young plants, to a garlic curing area. All the sun and heat in the greenhouse is great for curing. Later on in the season, we will cure sweet potatoes and winter squash there as well.*

*Even though we are in a transition time, it does not mean there's nothing new to share in the boxes. This week we will start circulating raspberries and green beans. Like strawberries and peas, we will start a rotation among the drop sites. After a winter of frozen green beans, we can't tell you*

*what a pleasure it is to eat fresh beans. We hope you enjoy them!*

*We also have another treat to share, though this one isn't edible - flowers! While we don't advertise flowers as part of the CSA we actually happen to have quite a few this year. We always plant some flowers to attract beneficial insects and to increase diversity. This year, however, we have many, because we planted them to have for our wedding in September. To keep flowers producing, we need to cut them. So we thought we'd share them with you! At each site we'll place a plastic box with some loose cut flowers in it. Please feel free to take some flowers to decorate your table. It will be first come, first served. (The gases given off by flowers prevent us from packing them in with your food, because they'll make your food ripen faster). We hope you enjoy this special treat.*

*Coming soon... sungold tomatoes!!!*

*Take Care!*

*Cassie and Mike*

### In the Box:

- Basil** (EO only)
- Beets**
- Broccoli** (EO only)
- Cucumbers**
- Garlic**
- Green/Yellow Beans**  
(REGs+ Farm EO)
- Head Lettuce**
- Kohlrabi** (EO only)
- Parsley**
- Purplette Onions**
- Rainbow Chard** (EO only)
- Raspberries** (REG only)
- Red Russian Kale**  
(REG only)
- Savoy Cabbage**  
(REG only)
- Shell Peas** (EO only)  
*While some eat the peels, generally you want to eat only the peas inside the pod*
- Snow Peas** (EO only)  
*These can be eaten whole*
- Sugar Snap Peas**  
(REG only)  
*These can be eaten whole*
- Thyme** (REG only)
- Zucchini** (Gold or Green)

### ANNOUNCEMENTS

Last box change: LIDS. Everyother shares have white lids, Regular have black lids. Please continue to stack empty boxes in one stack, lids in another. THANKS!

Please make sure to wash broccoli well, as caterpillars are starting to show up.

# The Joy of Cooking Vegetables

As we sit in our kitchens thinking of how good this heat is for eggplant and peppers, it's hard to think about turning on the stove to cook what we've got right now. But never fear! There are plenty of good strategies for making good food without heating up your kitchen or going out for dinner every night. Think about putting pork or beef roasts in your crock pot- even though we think of this as wintery, put the crock pot on overnight when the fans are pulling cool air into the house. Pop the tender, tasty meat into the fridge when you wake up and you'll have the beginnings of sandwiches, salads, and more for the week.

Farm member Ann Robertson sent the recipe below. It's a tasty one!

## Marinated Zucchini Salad

3 med zucchini  
1/2 t. salt  
5 T white vinegar  
1 clove garlic  
1/4 t. dried thyme (I used 1 t. fresh)  
1/2 c. EV olive oil  
1 c. drained canned garbanzo beans  
1/2 c. pitted ripe olives (or whatever olive you prefer)  
3 green onions (I used one pearl onion)  
1 canned chipotle in adobo, drained, seeded, minced  
1 ripe avocado cubed  
1/3 c. crumbled queso anejo (or whatever your preference)  
1 head leaf lettuce

Cut zucchini in half lengthwise, cut halves into 1/4 inch thick slices. Sprinkle slices with salt, toss to mix and let stand in colander for 30 minutes to drain. Combine vinegar, garlic and thyme in large bowl. Gradually add oil whisking continuously. Pat zucchini dry and add to dressing. Add beans, olives and onions; toss to coat. Refrigerate covered stirring occasionally at least 30 min. up to 4 hours. Just before serving add chili, avocado and cheese and lightly toss. Line a plate with lettuce, top with salad and serve.

## Red Flannel Hash

This is one of those "breakfast for dinner" meals. It's a great use for leftover cooked veggies- carrots, cabbage, potatoes or kohlrabi

1 bunch beets, greens removed  
4 carrots  
1 kohlrabi, peeled and sliced into logs  
2 T butter  
1 medium onion, halved and sliced thin  
2 garlic cloves, chopped fine  
leftover shredded beef or pork, or 2 eggs  
salt and pepper

Cover the beets with water in a small pot. Bring to a boil and simmer until just tender through. Drain and cool before peeling and dicing the beets. Meanwhile, do the same with the carrots and kohlrabi until they are just tender. Heat the butter in a large skillet. Sprinkle the onion, garlic, beets, carrot and kohlrabi into the pan. Don't stir, but let the veggies slowly brown until they have a nice caramelized crust on the bottom. Clear two spaces in the bottom of the pan for the eggs or meat. Crack the eggs into the holes and cook until set (or until the meat is reheated). Season with plenty of salt and pepper.

## Veggie Hash Browns

2 cups grated carrots, kohlrabi, or beets  
2 cups grated zucchini or cabbage  
1/2 cup grated onion  
salt and pepper  
herbs (thyme is excellent!) and garlic to taste  
oil

Toss the grated zucchini or cabbage with 1 teaspoon of salt. Let set for 1 hour. Squeeze out the excess water as much as possible. Toss with the other grated veggies and season to taste. Heat 2 T of oil in a large skillet over medium heat. Place about half of your veggie mixture into the pan and spread it out to cover the bottom. Flatten with a spatula and let them slowly brown without stirring. To flip, invert a large plate over the pan and turn it over. Slide the browns back in with the uncooked side on the bottom. Brown slowly until cooked through. Repeat with the other half and cut into wedges to serve.