



*This week is: GROUP A
(next group A is week is 8/6/08)*

Bugs, Heat, & All Things Summer

Full-blown summer is here. Sure fire signs of summer? Sungolds and melons. Yeehaw! We'll be starting rotations of these juicy treats this week. The melons are a green cantaloupe that have green flesh, sometimes with a pink flush. These beauties will taste best if you let them ripen a little further on your counter. You'll know they are ripe when the aroma is good and the melon has a little give when you grip it.

Other signs of summer? It's hot, dry, and many bugs are rearing their little heads out here on the farm. We'll start this week with a tour of some of our not so lovely friends:

1. Mosquitos. As farms

go we are pretty lucky. They're not everywhere, but they are loving our raspberries, green beans, cucumbers, and sungold plants. Kudos to our employees and worker shares who continue to work hard, despite the added discomfort of bugs.

2. Cabbage moth caterpillars. I mentioned these briefly last week. From now until fall, anything in the brassica family may shows signs of these guys. Broccoli gets hit the hardest. Here's how we deal with them during harvest and washing. First, as we harvest the heads in the field, we turn each head upside down and use our knives to pull out any caterpillars we see. This triples our harvesting time, but is necessary this time of year. Once in the wash shed, we soak the broccoli. The worms either drown or climb out of the florettes where we can more easily pull them off. While these measures should capture the majority of the caterpillars, it's always best to submerge and soak your broccoli from now on. We'll tell you the same thing we tell one of our weekly customers at the market. She always asks, "Can you promise me that there are no caterpillars in your broccoli?" We always

respond by saying, "No, but we can promise you that there are no synthetic pesticides on your broccoli." She always sighs, and then buys the broccoli. ☺

3. Japanese beetles. For any of you who have raspberry bushes in your yard, you have seen these metallic little guys. While they eat other plants, they really like raspberries. They eat the leaves, and they suck the water out of the berries. If you find any little holes in your berries, these were the culprits. While the holes aren't asthetically pleasing, thankfully they don't take away from the tart sweetness of the berry.

In other news, any of you who have access to a rain goddess, please send her our way. Luckily we have a new well that makes it possible to keep our plants going with the current lack of rain - but nothing is as good as an inch here, an inch there, from gray summer skies.

Coming soon... Sweet Corn!

Take Care!

Cassie and Mike

In the Box:

Ailsa Craig Sweet Onions

Due to the hail a few weeks back, you may have to cut around some spots inside these. Unlike most onions, these should be kept in the fridge.

Basil (EO only)

Beets (EO only)

Broccoli

Cantaloupe

(Oakcrest REGS & all EOs)

Carrots

Cucumbers

Green or Yellow

Beans

Oregano (REG only)

Raspberries (EO only)

Savoy Cabbage (EO only)

Scallions

Sugar Snap Peas

These can be eaten whole

Sungold Tomatoes

(all REGs except Oakcrest)

Zucchini (Gold or Green)

ANNOUNCEMENTS

Our winter 2008 CSA share is filling up fast!

If you are interested in a winter share, please send in your registration soon! We reserve spots in the order that we receive registrations. Last year we sold out in August.

Registration forms are on the website:
www.primrosecommunityfarm.net

Let us know if you have any questions!

The Joy of Cooking Vegetables

Sometimes CSA members start to feel a little overwhelmed at this time of year. If that's you, here's a couple hints to pull you through:

- Your veggies will keep longer than you think. Eat the perishable stuff like lettuce and peas first- then get to the cabbage when you can
- Eat breakfast! If you don't your missing another opportunity for deliciousness in your day. Leftover greens or pasta salad, sandwiches- they're good for breakfast too.
- Try some new cookbooks. I recommend anything by Deborah Madison, "From Asparagus to Zucchini" and "Simply in Season" Google them for full details.

Nicoise Tuna Sandwiches

Handful of green beans, sliced thin
1/4 c chopped cucumber
1/4 c shredded basil or parsley
1 can tuna packed in olive oil
4 kalamata olives, chopped
handful of cherry tomatoes, halved
juice of 1/2 lemon or to taste
pepper
thin sliced red onion and salt, if desired

Drain the tuna and toss together with remaining ingredients. Roll up in a tortilla or stuff into a pita. If your tuna is packed in water add a tablespoon or so of olive oil to moisten the mixture. You won't miss the mayo with all the flavors of this salad-in-a-sandwich.

For those who know the virtues of a creamy egg: Mash a soft-boiled egg into the filling above for a sandwich that's totally knock out.

Cucumber Mango Noodle Salad

As Asian cuisines recognize, you can make the same thing taste different by cutting it in a different shape. This one goes for matchstick shapes. Cool and refreshing for summer. From epicurious.com- a resource I recommend anytime you're drawing a blank at dinnertime

3/4 c rice vinegar
1/4 c sugar
3/4 t salt
3 garlic cloves, chopped
3 T lime juice
1 T sesame oil
12 oz soba noodles
1 large cucumber
1 large mango
1 c basil, chopped
1 c mint, chopped
1 c roasted peanuts

Blend together the first 6 ingredients in a large bowl with a whisk. Cook the soba noodles in boiling water, drain and rinse with cold water. Cut the cucumber into long matchsticks by slicing lengthwise into slabs and then crosswise into sticks. Cut the mango into sticks by slicing each half offset from the center pit. Score the flesh-side in strips, without cutting through the skin. Use a spoon to release the flesh off the skin. Toss together the sauce, noodles, mango and cucumber. Serve with peanuts.

Zucchini Bread!! Who's got the best recipe? I'd love to try your favorite. Here's a chocolate one to try:

Beat together 3 eggs, 1 c oil, 2 c brown sugar 1 t vanilla, 3 c grated zucchini and 2 ounces of melted unsweetened chocolate. Sift together 4 c flour, 1 t salt, t baking soda, 1/4 t baking powder and 1 t cinnamon. Combine the wet and dry ingredients and stir until just blended. Spread in 2 greased loaf pans and bake at 350 for 40-60 minutes or until a toothpick inserted in the middle emerges clean. Recipe halves easily.