



## Just in Time

*One of the things we love about farming is that just when you feel pushed to a limit, something new and exciting swoops in and makes the day good. This week you can really feel that it's mid-season. Not only can you literally feel the heat and humidity, but you can feel that we've been working our bodies hard for the last 4.5 months. And just when it seems impossible to pick on more pea, drag one more pipe, hoist 40 more pounds of zucchini, then it happens... Melons. Sweet Corn. Tomatoes. Suddenly we have juice dripping down our chins each meal and we remember why we love doing what we do. We're very excited to share these tasty treats with you in the coming weeks!*

### ANNOUNCEMENTS

**On Sunday, August 10<sup>th</sup>, from 2-5 pm, come celebrate the peak of the season with us! It's a potluck, so please bring a dish to pass. We will have a fire going for corn and we'll do a tour of the farm. Bring the whole family our for an afternoon at the farm. We'd love to see you!**

*Sungolds are making the rounds again, and (yes!) the very first slicing tomatoes of the year. We will continue to distribute melons. While we wish everyone could get them in the same week, it's hard to do. For example, off 140 melon plants, we harvested only 90 melons due to disease. Or take raspberries. Unfortunately there are 30 (out of 189) CSA members that won't receive summer raspberries. The Japanese beetles decimated our latest variety, making it impossible to give everyone berries. What we can promise is that there will be equity over the whole season. Every other B members who don't get raspberries now, should get them in the fall. (While other CSA members won't receive fall berries.) We really appreciate your understanding of the constraints we have that are out of our control.*

*In other farm news, sweet corn will be in the boxes for the first time this week! Yipee! We want to warn you though that there won't be many ears in each box. Our direct seeded sweet corn plantings were crop failures due to poor germination during the cool wet spring that we had. The corn this week was transplanted in mid May.*

**This week is: GROUP B**  
(next group B is week is 8/13/08)

*When we transplant corn it takes much more labor than with direct seeding, but we get a better stand. Due to the crop failures in all four of our direct seeded corn we will not have very much in the boxes this season. We did do a large late transplanting of corn which we are hoping will make it through the late season insect pressure. Due to this disappointing sweet corn year, we have decided to transplant all corn plantings in future years, despite the additional energy and labor costs. While we won't have nearly as much corn to distribute as we'd hoped, we hope you enjoy this wonderful treat!*

*In more exciting, positive news, our storage crops are looking great. We're hoping for bumper winter squash and potato crops. The plants all look great! And we're finishing the last seeding for storage beets and winter radish. Make sure to sign up for the storage share soon!*

**Take Care!**  
*Cassie and Mike*

### In the Box:

**Broccoli (REG only)**  
**Broccoli Romanesco (EO only)**

*Looks like green sea coral. Cook as you would cauliflower. It tastes like cauliflower and broccoli combined and cuts into little tree shapes. Cool!*

**Cantaloupe (EO Ingersoll only)**  
**Cilantro (EO only)**  
**Cucumbers**

**Fennel**  
**Garlic**  
**Green or Yellow Beans**

**Head Lettuce (REG only)**

**Lemon Basil**  
**Red Cabbage (EO only)**

**Raspberries (EO Oakcrest only)**

**Slicing Tomatoes (REG only)**

**Sungold Tomatoes**  
**Sweet Corn**  
**Sweet Onion**

*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.*

**Yellow Carrots**  
**Zucchini (Gold & Green)**

# The Joy of Cooking Vegetables

## Cucumber Salads

I just can't get enough of cucumber salads. I love them. Here's two versions for you.

### Creamy salad

2 medium cucumbers, sliced thin  
1 small onion, sliced thin into half rings  
 $\frac{1}{4}$  c plain yogurt  
 $\frac{1}{4}$  c mayonnaise  
1 t sugar  
 $\frac{1}{4}$  t salt

dill, basil or celery seed to taste

### Sweet and Sour Salad

2 medium cucumbers, halved, seeded and sliced thin  
1 small onion, sliced into thin half-moons  
2 T seasoned rice vinegar  
2 T chopped fresh parsley or lemon basil

Combine all ingredients in a bowl and serve within 1 hour. They get watery if they sit.

## Indian- style Vegetables

Ever wondered how to make a really great saucy vegetable dish to serve with rice or naan? This is a good start- vary the spices to your taste.

Place 1 large onion, a 1 inch piece of ginger, 2 garlic cloves and a big tomato in a blender. Blend until smooth. Add a spicy pepper if you like.

Heat 2 T oil in a large skillet. Add 1 t cumin seed, coriander seed and  $\frac{1}{2}$  t fennel. Then pour in the pureed veggies. Fry for a moment. Add whatever veggies you have lying around like summer squash, potatoes, green beans or cabbage. Simmer until cooked through.

## John's Cauliflower (or Romanesco) Salad

Finely chop one head of cauliflower or Romanesco by thinly slicing the entire head from the edge to the core. Combine with the following vegetables finely chopped: 1 cucumber, one green pepper, a large handful of green olives, and one bunch of parsley. Toss with honey mustard vinaigrette to taste.

## Debora Madison's Vegetable Pie

My sister shared this recipe with me and it's excellent- she says not to use too many carrots because it will become overly sweet

1  $\frac{1}{4}$  c flour  
1 t salt  
1 t sugar  
8 T butter  
 $\frac{1}{4}$  c cold water

or you can use a pre-made pie crust

6 cups shredded veggies such as cabbage, carrots, zucchini, onions, or finely chopped broccoli  
1  $\frac{1}{2}$  c cooked rice  
 $\frac{1}{4}$  c fresh or sour cream  
1 t dried oregano or 1 T fresh  
 $\frac{1}{2}$  t salt  
1 c shredded cheese such as gouda or cheddar.  
With cabbage and zucchini I especially like a smoked cheese.

Make the pastry by blending the flour, salt and sugar. Cut in the butter. Add the water and mix quickly with a spatula until the dough just comes together. Turn it onto the counter and gather into a ball. Wrap and chill while you prepare the veggies. Mix all filling ingredients. Roll the pastry to fit a pie pan. Heap in the filling and bake in a 400 degree oven for 25 minutes or until golden.

## Green Beans with Spiced Butter

1 T butter  
 $\frac{1}{4}$  c onion, chopped fine  
1 t minced fresh ginger  
1 garlic clove, minced fine  
 $\frac{1}{2}$  t ground coriander (or  
1 bag green beans, stem end removed

Heat the butter until it's foamy. Add the onion and fry a few moments. Add ginger and stir, then cumin. When fragrant, add garlic. 30 seconds later, add the green beans and toss together. Fry for a few moments until beans are bright green. Serve with salt and lemon wedges.