

THIS WEEK'S HARVEST

- Green Beans
- Broccoli
- Beets
- Butterhead Lettuce
- Herbs - Basil
 - Parsley
 - Rosemary
- Sweet Corn
- Patty Pan Squash
- Zucchini
- Slicing Cucumbers
- Bread – 9 Grain

Hear Ye, Hear Ye

- Sometimes we win in our attempts to convince the vegetable world to share its bounty with us, and sometimes we don't. Sweet corn continues to be hard to grow in our soil, but summer wouldn't be summer without some. Olden Produce of Ripon to the rescue. They also grow organically and agreed to share some of their corn bounty.
- Pickling cucumbers by the pound are available. If you are interested, please e-mail or call.

SUMMER WE EXCLAIM

Allow me to explain...the ecstasy and the agony of the feverish pace that this time of year brings. We would not have it any other way, but there are certainly many highs and lows in this seasonal adventure. We thought maybe we were alone in the madness, but we came to find out that many other growers also have quite a time finding their minds about now. I read something in my favorite publication this week that I would like to share. Stephen Leslie of Cedar Mountain Farm in Vermont brought it all back down to the ground:

"There might be a lot of other things we'd rather do than the sometimes brute work of running a farm, but none of us chooses the times we are born into. Yet we can choose how we will respond to those times. We might wish we didn't have to face such monumental environmental crises and social challenges, perhaps we'd rather live simpler quieter lives, but the call to live in community is a call to stand up and unite ourselves in a serious effort to face those challenges head-on. We are called to do this in small, humble, practical steps, yet profound in their repercussions. And we are called to communicate with anyone who will listen and to try and teach and learn from our successes and our failures."

The author is Stephen Leslie of Cedar Mountain Farm in Vermont.



THE PERFECT SANDWICH

With just a few exceptions, almost everything in your box can come together to create a quick and delicious sandwich that could win a prize at the County Fair. Though you may not think of zucchini as working between bread, or basil as a friend of ham and cheese, they are indeed sandwich ingredients of the freshest sort. The lettuce, parsley, and cucumbers are standards, but put some sliced patty pan disks on a sandwich and you might keep the PB and J on the shelf until the snow flies. The corn is a little trickier, but let us not forget about the loveable wrap, cousin to the sandwich. Suddenly beans and broccoli are mayo's best friend and lunch has become fast, delicious and infinitely variable.

Savory Yellow and Green Zucchini Pancakes

Source: Cooking from the Farmers' Market

4 patty pan summer squash	2 cloves garlic, minced
4 green zucchini	1 T all-purpose flour
½ yellow onion	1 T chopped fresh rosemary or marjoram
½ tsp salt	½ tsp ground pepper
1 egg, lightly beaten	1-2 T vegetable oil

Trim all the zucchini, but do not peel. Shred the zucchini, then the onion. In a bowl, toss the shredded zucchini with the salt. Let stand for 5 minutes. Using your hands, squeeze the zucchini to remove excess liquid. Add the onion, egg, garlic, flour, rosemary, and pepper to the zucchini. Mix Well

Pour about 1 T vegetable oil into the bottom of a large frying pan to form a thin film, and place over medium-high heat. When the pan is hot, working in batches, drop in the squash mixture, using a heaping tablespoonful for each pancake. Using the back of a spoon, press on the top of each spoonful to form a pancake a scant ½ inch thick. Fry until golden brown on the underside, 3-4 minutes. Turn and continue to fry until golden brown on the second side. Transfer to a warmed platter and keep warm.

Spicy Cucumber Salad

Source: From Asparagus to Zucchini

2-4 cucumbers
1 T white vinegar or rice wine vinegar
2 T sesame oil
½ tsp salt
1 tsp soy sauce
1 T sugar
1 Jalapeno

Peel the cucumbers, cut lengthwise in two, and scrape out the seeds. Cut cucumbers crosswise into half moons. Whisk the remaining ingredients together and toss with the cucumbers to coat them. You can control how hot the dish becomes by removing the seeds and pulp of the pepper, or you can use just a slice or two of the hot pepper. If you don't want to use a jalapeno, try hot red pepper flakes or hot pepper sauce.

Slicing Cucumbers- are slightly different from pickling cukes. As compared to eating cucumbers, pickling cucumbers tend to be shorter, thicker, less regularly-shaped, and have bumpy skin with tiny white- or black-dotted spines. Having an enclosed seed and developing from a flower, botanically speaking, cucumbers are classified as fruits. However, much like tomatoes and squash they are usually perceived, prepared and eaten as vegetables. Anyway they come, they are refreshing and nutritious boasting a healthy dose of vitamin E.

Patty Pan Squash – look good enough to eat. They are very similar in texture and use as the familiar zucchini's, but can add delightful color and form to many dishes. Try them quartered on kabobs. Like zucchini, these veggies need to be kept in the refrigerator and will hold for up to a week.