

THIS WEEK'S HARVEST

- Basil
- Cabbage
- Carrots
- Cucumbers
- Garlic → Spanish Roja
- Green Beans (1 lb)
- Green Pepper
- Lettuce
- Summer Squash → Patty Pans
- Sweet Corn
- Tomatoes
- Wax Beans (1 lb)



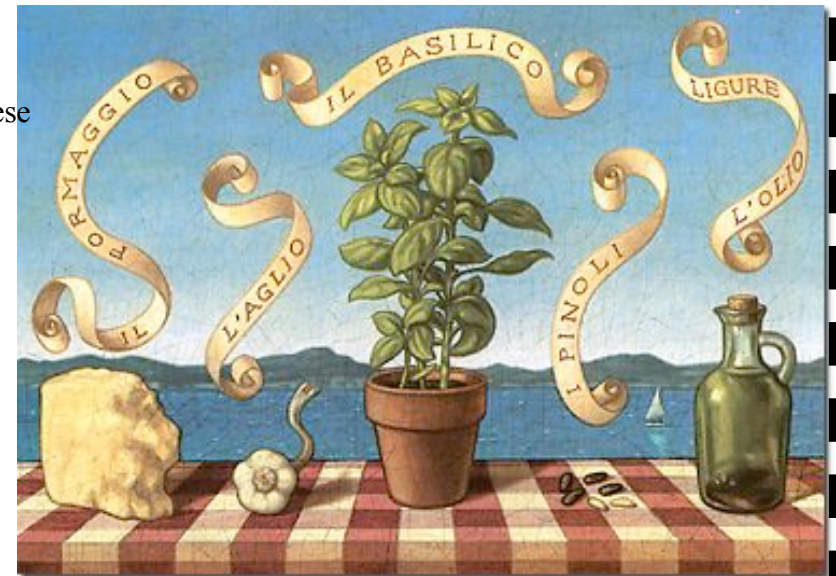
Sweet Corn is another way of saying late summer, and it is here! The variety you have in your box is Tuxedo and is lighter in color than most. The harvest has just started so we hope to have more to share in upcoming boxes. As soon as it is picked, corn's sugar begins to convert to starch, which in turn, lessens the corn's natural sweetness. The rule is: the less time from the field to the fire, the better. Fresh corn is best when used the same day it is picked. Cut into thirds and grill!

ANNOUNCEMENTS

- Yon Henry Mac turned 2 this past week, and he was pleasantly surprised by Yost, his new lamb, bleating for his attention. Yost is a happy addition to the farm!
- Crop yields are exceeding our expectations and we have lots of compost to thank for the improved soil health. Healthy soil = Healthy Food!

PESTO!! (CUE ANGELIC CHORUS) Source: Pestos! Cooking With Herb Pastes by Dorothy Rankin

- 2 cup fresh basil leaves
- 2 large garlic cloves
- ½ cup freshly grated Parmesan cheese
- 2 Tbs freshly grated Pecorino Romano cheese
- ¼ cup pine nuts or walnuts
- ½ cup olive oil
- salt and freshly ground pepper to taste
- Combine the basil, garlic, cheese, and nuts in a food processor or blender. Process to mix.
- With the machine running, slowly add the olive oil.
- Season to taste with salt and freshly ground pepper and process to the desired consistency.
- Let stand 5 minutes before serving.



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Sweet-Sour Red Cabbage

Source: allrecipes.com

1/2 cup cider vinegar	1/2 cup chopped onion
1/4 cup sugar	1/4 cup water
1/4 cup packed brown sugar	2 Tbs white wine vinegar or additional cider vinegar
1 medium head red cabbage, shredded	1/2 teaspoon salt
2 bacon strips, diced	1/4 teaspoon pepper
1 medium tart apple, peeled and chopped	1/8 teaspoon ground cloves

In a large bowl, stir the cider vinegar and sugars until sugars are dissolved.

Add cabbage; toss to coat. Let stand for 5-10 minutes.

Meanwhile, in a large skillet over medium heat, cook bacon until crisp. Remove with a slotted spoon, reserving drippings.

In the drippings, sauté apple and onion until tender. Add water and cabbage mixture. Bring to a boil.

Reduce heat; cover and simmer for 30-35 minutes.

Stir in the remaining ingredients. Simmer, uncovered, for 5 minutes or until tender.

Sprinkle with reserved bacon just before serving.

Yield: 8 servings

Wilted Cucumbers

Source: Then Enchanted Broccoli Forest by Mollie Katzen

Make this at least a day ahead, so the cucumbers can fully absorb their marinade. In this case, "wilted" doesn't mean tired, it means relaxed. This keeps beautifully in the refrigerator for two weeks or longer.

2/3 cup vinegar (wine or cider)

1/3 cup water

4 Tbs honey or sugar

1 tsp salt

1/2 cup thinly sliced red onion

4 medium-sized cucumbers, peeled, seeded, and thinly sliced

freshly ground black pepper to taste

2 Tbs minced fresh dill (or 2 tsp dried)

- Combine the vinegar, water, honey or sugar, and salt in a small saucepan. Heat just to the boiling point, then remove from heat.
- Place the onion and cucumber slices in a medium-large bowl, and add the hot liquid. Cool to room temperature add pepper and dill.
- Transfer to a jar with a tight-fitting lid. Chill until cold.

Yield: 4 - 6 servings



Red Cabbage- is as much a work of art as it is a delicious meal. It can be steamed, boiled, stir fried, fermented, and eaten raw. We treasure summer cole slaw made with fresh cabbage and carrots. Try shredding these two and mixing together with mayo, salt, pepper, and a splash of lemon juice. The quantities are up to your taste. Cabbage has been shown to clean out the digestive tract, improving digestion and overall digestive health.

Tomatoes- for salads are in this week's box. The Yellow Pear is low acid while the red Glacier is an early producer keeping us happy until the rest of the tomatoes start ripening!