

THIS WEEK'S HARVEST

- Basil
- Beets
- Cucumbers
- Green Pepper
- Leeks
- Onions – Ruby Ring
- Parsley
- Potatoes
- Tomatoes – Yellow Pears & Various Reds
- Summer Squash
- Sweet Pepper
- Wax Beans (1 lb)



Summer Succotash

Source: Lucia Watson of Lucia's

- Start with these veggies as your main ingredients, but feel free to substitute or add in your own favorites: corn, zucchini, patty pan squash, onion, tomato, fresh green beans, fresh garlic, parsley and basil.
- Chop veggies into bite-sized chunks. Mince the garlic, parsley and basil.
- Combine all ingredients in a large pan, and sauté with olive oil until lightly cooked (veggies should be tender crisp).
- Serve over rice, pasta, quinoa or other grain. For an extra treat, top with a dollop of sour cream.

ANNOUNCEMENTS

- The first rounds of Canada Geese have been passing over head as we've been out in the gardens. Hard to believe, but fall seems to be coming.
- The onions have been sun bathing, curing before storage. Patience is key to making sure the storage crops are properly prepared for keeping.
- Please RSVP regarding the Farm Feast if you haven't already. Hope to see you then!

Filberta Pasta

Source: The Bar None Cookbook: Gourmet Vegetarian Cuisine

- 6 cup rotini pasta (or whatever you have on hand), cooked
- ½ cup Kalamata olives, sliced
- 1 cup Feta cheese, crumbled
- 2 fresh tomatoes, diced
- ½ cup fresh basil, chopped
- ½ cup olive oil
- ½ tsp freshly ground black pepper

- In a saucepan heat the olive oil.
- Add the olives, tomatoes, basil, feta, and black pepper.
- Sauté, stirring often until cheese begins to melt;
- Remove from heat and toss with cooked Rotini pasta.

Variations: Use canned organic tomatoes in winter, and dried basil to taste if fresh is unavailable. Zucchini or green peppers add color and flavor to the sauce.



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