

In the basket ...

There's a wide variety of produce in your basket this week, including some things that are just now coming into season, such as ...

- ✓ **Green Tomatoes**
- ✓ **Red Tomatoes**
- ✓ **Garlic (organic)**
- ✓ **Zucchini**
- ✓ **Cucumbers**
- ✓ **Sweet Bell Peppers**

... and some staples for your kitchen ...

- ✓ **Green Onions (organic)**
- ✓ **Green Cabbage (organic)**

... and some nutritious and delicious leafy greens ...

- ✓ **Chard (organic)**
- ✓ **Lettuce (organic)** – This week, we have heads of green romaine.

Cucumbers – An insect that you may have seen in your home garden is the yellow and black striped cucumber beetle. It nibbles along the outside of the cucumber and leaves the scarring. The inside is not harmed, a good washing will help, and if the nicks are a problem for a recipe, just peel the skin and enjoy the fresh cucumber. As the season progresses, the beetle cycle will move on also.

Garlic (organic) – You will find more garlic this week. This hard-neck variety is pungent and fresh since freshly harvested. It will keep for several weeks, but not one you want to try to keep for the winter.

Sweet Bell Peppers – These are early bell peppers that can be used as a green bell. Just harvested, they should store for a week or more in your refrigerator.

Green Onions (organic) – While we wait for the bigger bulb onions to finish growing, use these fresh onions. Substitute them for onions, scallions, or

Swap Box – From our fields, there is an assortment of items including **kohlrabi**, **broccoli**, and **cauliflower**.

Also available at a reduced rate to our CSA membership is **Sweet Corn from our neighbor's fields**. Ask at pickup if there is any available when you get your basket.

even leeks in recipes. The white portion will keep well in the refrigerator while the greens need to be used fairly soon.

For the **regular and robust** baskets only . . .

Radishes (organic) - Enjoy a few of the Easter Egg Radishes in a fresh salad.

Brussels Sprouts (organic) – new this week!
Did you know that Brussels sprouts are the only vegetable named for the place of their origin? It is a relative of cabbage.

Even if you hated Brussels sprouts as a child, give these a try. You may be pleasantly surprised at the flavor of a freshly picked plant. The variety we planted is known as *Oliver*. They're medium-green smooth sprouts and are very flavorful.

For the most basic preparation, peel the outer leaves and score an "x" in the bottom of larger sprout to even out the cooking. Place in boiling water and cook 2 minutes. Drain and season with butter, salt, and pepper. Very small sprouts can be sautéed in a covered skillet for about 20 minutes.

To store, refrigerate unwashed in a plastic bag and store up to 3 days (but you might be able to stretch that out to a week).

Recipes to enjoy ...

Zucchini Bread

Makes two loaves.

2 cups whole-wheat flour
1-cup all-purpose flour

1 tsp salt
1 tsp baking soda
3 tsp cinnamon
¼ tsp baking powder
3 eggs
2 cups white sugar
3 tsp vanilla extract
1-cup safflower oil
3 cups grated zucchini
1 cup chopped walnuts, optional

Preheat oven to 350°. Sift together flour, salt, baking soda, cinnamon, and baking powder. In large bowl, whisk the eggs and add sugar, vanilla, and oil. Mix. Add zucchini then add dry ingredients. Stir in nuts. Pout into two ungreased loaf pans. Bake for 1 hour.

Zucchini Fritters

These are great by themselves or you can serve them with sour cream or some kind of dip.

2 medium zucchini
½ cup all-purpose flour
¾ tsp baking powder
½ tsp salt
1/8 tsp curry powder
2 large eggs, lightly beaten
2 tbsp heavy cream
1 tsp grated onion
4 tsp olive oil

Grate zucchini and place in colander to drain for about 5 minutes. Pat dry. Whisk flour, baking powder, salt, and curry together in medium bowl. Stir in eggs, cream, onion, and zucchini. Heat a teaspoon or so of oil in large skillet over medium heat. Drop spoonfuls of mixture into skill and cook a couple of minutes per side, until golden brown.

Rainbow Swiss Chard Appetizer

From Asparagus to Zucchini

3 T butter
2 T minced shallots (green onions)
4 stems chives, chopped (your favorite fresh herb)
¼ tsp dried, ground thyme
1 bunch rainbow chard, finely chopped
cream cheese, softened
toasted, sliced French bread or wheat cracker

Melt butter in pan over medium heat. Add onions and sauté 2 minutes. Add herbs and chopped chard. Sauté until stalks are tender, tossing to coat with butter. Transfer to bowl and let cool, patting with paper towels to soak up excess butter. Spread cream cheese on toasted bread or cracker. When chard is cool, spoon some onto each cracker. Makes about 4 servings or a quick snack.

News from the farm ...

Cecil reports on the Sweet Corn saga. He says this year, we seem to have an overabundance of raccoons and they seem to especially love our organic sweet corn. A family of raccoons can destroy an entire crop in one night – they climb up to the ear, pull it down towards the ground, breaking the plant as they bend it, open the shucks off the ear, and take 1-2 bites off the end. They then move on to the next plant and do the same, & on and on.

Over the years we have put portable radios in the field to fool them. That will work for about 1-2 nights and then they just dance to the music as they enjoy their sweet treat. Other times we have used live trapping cages, farm dogs, etc. Ultimately, we have tried about everything we know including the current plan: setting up 5 electric wires three inches apart up off of the ground to circle the corn field. This is similar to fencing the cattle out of the corn, but on a shorter level. For the first patch it appears to have slowed them down, but not stopped the problem critters. Those coming to pick up at the farm may see one of our helpers, Ford, moving the electric posts and wires from one field to the next patch – a job that takes anywhere from 3 hours to ½ a day.

Unfortunately, today's ½ acre harvest was completely demolished last night. If anyone has a suggestion on raccoon riddance, please advise. Cecil is not sure if the idea to ask CSA members to take turns camping out in the sweet corn field each night with a shotgun will go over very well.

We offer some corn from our neighbors down the road at our farmers market stand. We can offer it to our CSA members at our cost so you won't go without this week.