

In the basket . . .

Red Ripe Tomatoes (organic) – This week's selection were harvested from the high tunnel. More protected from the weather while growing, they have less dirt but wonderful flavor.

Sweet Corn – This week's corn is a super sweet variety, which will hold its sweetness longer.

Broccoli or Cauliflower (organic) – Our last planting made nice heads despite the heat. It seems to be more uniform and a better crop than the earlier season heads. Eat it soon as it will not store very long for you.

Gold New Potatoes (organic) – Enjoy these new potatoes roasted, mashed, in potato salad, or just lightly cooked in a little olive oil with fresh herbs.

Cucumbers – This variety is one of our favorites with little of the bothersome seeds. A thin skin does mean it will not retain its water content very long. It should be prepared early in the week or can be stored in a cool part of the refrigerator to retain its crispness.

Summer Squash and Zucchini, Patty Pan Squashes – Find a easy recipe below for a wonderful side dish or appetizer.

Sweet Bell Peppers – The green, yellow sunbell, or light green cubanelle can be interchanged in recipes. These varieties are crisp with a mild flavor.

Hard Neck Garlic (organic)

Sweet Basil (organic)

Rainbow Swiss Chard (organic)

Swap and Choice Box . . . Find green cabbage, along with some hot peppers in the swap box for the next several weeks: jalapenos, serranos, hot bananas.

In the regular and robust baskets . . .

Brussel Sprouts (organic) – There should be enough for a nice sauté or steaming. Try mixing with some summer squash or the broccoli or cauliflower. Cooler weather will soon bring enough for every basket.

Recipes to enjoy . . .

Swiss Chard Tacos - *From "Rick Bayless Mexican Everyday," by Rick Bayless with Deann Groen Bayless.*

1 bunch Swiss chard thick lower stems cut off
1 1/2 tablespoons vegetable OR olive oil
1 large white OR red onion, sliced 1/4-inch thick
3 garlic cloves, peeled and finely chopped OR crushed through a garlic press
About 1 teaspoon red pepper flakes
1/2 cup chicken or vegetable broth OR water
Salt
12 warm corn tortillas
1 cup (4 ounces) crumbled Mexican queso fresco OR other fresh cheese such as feta OR goat cheese, for serving
About 3/4 cup smoky chipotle salsa OR other bottled salsa or hot sauce, for serving

Cut chard crosswise into 1/2-inch slices. In a very large (12-inch) skillet, heat oil over medium-high heat until hot. Add onion and cook, stirring frequently, until golden brown but still crunchy, about 4 to 5 minutes. Add garlic and red pepper flakes and stir for a few seconds, until aromatic, then add broth or water, 1/2 tsp salt and greens. Reduce heat to medium-low, cover pan (if you don't have a lid, a cookie sheet works well) and cook until greens are almost tender, anywhere from 2 to 5 minutes.

Uncover pan, increase heat to medium-high and cook, stirring continually, until mixture is nearly dry. Taste and season with additional salt if necessary. Serve with warm tortillas, crumbled

cheese and salsa for making soft tacos. Makes 4 servings.

NOTE: To make a heartier meal, add some shredded leftover grilled, roasted or poached chicken or steak to the greens during the final few minutes of cooking. Flaked tuna or hot-smoked salmon are other options.

Swiss Chard Packets – *shared by CSA member, Carrie A. Yummy!*

1 bunch Swiss chard
Fresh mozzarella (packed in water)
1-2 small to medium tomatoes
Olive oil
Salt & Pepper

Boil a large pot of water. Blanche large leaves of Swiss chard by immersing them in boiling water for 10-20 seconds—just long enough for them to soften slightly. Immediately put the blanched Swiss chard leaves in an ice bath to stop the cooking process. Once cooled, drain Swiss chard and pat dry with paper towels.

Slice fresh mozzarella balls and tomatoes. Place a slice of cheese in the middle of each Swiss chard leaf. Top with a slice of tomato. Drizzle olive oil over the tomato and cheese slices, and season with salt and pepper. Wrap the Swiss chard leaf around the cheese and tomato slice (as if making a burrito), and secure the “packet” with a toothpick. Repeat with the rest of Swiss chard. Once all packets are assembled, grill until the packets are warmed through and the cheese has begun to melt. Enjoy!

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 skillet and cook a couple of minutes per side, until golden brown.

News to use . . .

More blackberry picking available to CSA members this week. Open picking the following days: **Friday, August 4th from 4pm- 9pm and on Sunday, August 6th, 9am – 6pm and on Monday, August 7th, 4pm - 7pm during basket pickup.** If this schedule doesn't work, please let us know what day might work better for you. We just want to make sure someone is here at the farm in case you need us. The berries seem to be slow to turn from red to black and sweeten up, but it will happen with sunny days and the warm weather. For your own convenience, please **phone ahead** to check on weather conditions, quantities on the vines, and for directions. **859-621-0755**

Please return your baskets. We are approximately 30 baskets short at the halfway point in the season. We haven't been sticklers about it, but we know some of you must have started a collection. And, thank you to most all of you who have faithfully returned your basket each week. (A new basket costs \$5.50 to ship to Kentucky, a slightly used replacement basket is approximately \$3.00.) But a real problem is if we don't have enough baskets to fill on harvest day.

Plentiful Harvest: Items available in larger quantities right now include red tomatoes, sweet basil, yellow squash, zucchini, green cabbage, and beets. If you are interested in anything to freeze, can, dry or process, just let us know and we can add it on the truck.