

In the basket . . .

This week's basket is loaded with bountiful amounts of a lot of different fruits and vegetables.

Squash Blossoms – new this week!

Squash blossoms are just what you think they are – the flower of a squash plant. They are flavored with the hint of squash and contain vitamins A and C, iron, and calcium.

They can be used as a garnish, added to a salad, made into a soup, and much more. One of the most common ways to prepare them is by coating them in a light batter and sautéing them.

They are highly perishable, so use them right away. They will only keep in the refrigerator for about a day.

White Half Runner Green Beans (organic) – new this week! or Provider Stringless Green Beans (organic)

The half runner heirloom green beans are a staple in the eastern part of the state and are popular with many of our customers. They do need to be strung and then broken into bite-sized pieces. The Provider beans are stringless and just need to be broken or ends removed.

Then you can prepare as you would any green bean. You can steam them, sauté them, or slow cook them if you want. We've included instructions on how to cook them "country style."

You can store beans in the refrigerator, wrapped in a plastic bag, for up to 5 days.

Cantaloupe – new this week!

Authentic cantaloupes are European melons that aren't exported to the United States. What we call cantaloupes here are actually muskmelons. There are two major types of muskmelons – those with textured skin (e.g. cantaloupe) and those with smooth skin (e.g. honeydew, Spanish nut).

To use, cut in half and remove the seeds. You can cut them up and eat them as a dessert or side

Swap Box – In the swap box this week, we've put **Sweet Basil**. Also remember you can swap out anything in your basket for something else another member put in.

dish, or you can use them in your favorite fruit salad recipe.

We picked these at their peak of ripeness, so you should enjoy soon or store them in the refrigerator. If you keep your melon in the fridge for more than a couple of days, then you should wrap it in plastic wrap because it will absorb the odor of other food.

Green Celery (organic) – new this week!

Many have never tried locally grown celery and will be surprised at the strong flavor. Virtually all supermarket celery is blanched with ethylene gas to reduce its bitter flavor. Our variety is called Conquistador and makes full, upright heads packed with crisp, flavorful stalks. Even the leaves can be used – chop as you would a fresh herb.

In addition to these new items, we've also included things you've enjoyed before:

- ✓ **red tomatoes (organic)**
- ✓ **heirloom tomatoes (organic)**
- ✓ **pear & plum tomatoes (organic)**
- ✓ **cucumbers**
- ✓ **Swiss chard (organic)**
- ✓ **yellow squash**
- ✓ **green (organic) or colored bell peppers**
- ✓ **gold potatoes (organic)**

Recipes to enjoy . . .

How to freeze chard:

If you want to save some of your chard to enjoy over the winter, here's what you do.

Cut the ribs from the leaves. Place the ribs in boiling water for 1 minute then add the leaves for 3 more minutes. Plunge in ice water then drain. You can store them like this or you can chop the ribs and leaves into pieces then place in freezer-safe container.

Country-Style Green Beans and Potatoes

In country cooking, the beans cook for a long period of time and have a rich, wonderful flavor.

1 1/2 lbs white half runners
salt pork
salt to taste
1/2 cup water
3 or 4 gold potatoes

Wash and string the green beans and break them into one-inch pieces. Wash them again. Place in a pot with a tight fitting lid. Add a piece of salt pork bacon that has been scored with a knife in several places. Pour water over the beans. Bring to a boil, reduce the heat to a simmer, and cook for about an hour. Wash the unpeeled potatoes and put them on top of the beans. Cover and cook for another 30 minutes. Salt to taste and cook another 15 minutes or until the potatoes are tender. Salt again if necessary.

Panzanella

This recipe comes from the Food Network, but there are many different variations of panzanella (tomato-bread salad) that are a refreshing summer side dish.

2 pounds heirloom and/or red tomatoes, diced
1/4 cup minced red onion
2 tsp minced garlic
1/2 cup extra virgin olive oil
2 tbsp fresh lemon juice
2 tbsp chopped fresh basil
1 tbsp chopped fresh tarragon
1 tsp sea salt
1/2 tsp black pepper
6 cups croutons
2 cups trimmed arugula or chard (optional)

Drain tomatoes in a sieve. Combine first nine ingredients. Add croutons and toss. To serve, place serving of tomato mixture on plate and top with arugula/chard and Parmesan, if you like.

Croutons - You can simply cut up and bake store-bought bread if you like.

1/4 cup unsalted butter
1 tbsp minced garlic
6 cups cubed day-old bread
sea salt and black pepper
6 tbsp grated Parmesan

Preheat oven and cookie sheet to 375°. Melt butter in large skillet over medium heat. Add garlic and cook about 30 seconds to 1 minute. Add bread and toss to coat. Season with salt and pepper. Place bread on the baking sheet, sprinkle with cheese, and toss. Bake, stirring once or twice, for about 8 minutes or until croutons are lightly browned but soft on the inside. Cool.

Fried Squash Blossoms

1 C all-purpose flour
1 C light cream
1 egg
1 tsp baking powder
1/2 tsp salt

Open each blossom and remove all but the petals. Carefully wash, drain, and let dry. Combine all batter ingredients in a bowl (makes enough for 10-12 blossoms). Fold the flowers closed. Dredge each blossom lightly in a little flour (to make the batter stick). Then dip in batter and fry in oil or butter until golden brown. Drain and serve immediately. Salt, pepper, or season at the table.

News from the farm ...

Each year it seems some things perform great and other crops not so well. We know that weather, insect cycles, airborne plant diseases, drought, weeds (plants without a use that's been thought up yet . . .) and management all contribute to the success or failure of the seeds' growth into a fruit. Facing the ongoing challenges, sometimes we wonder what keeps us trying year after year with optimism and excitement. As CSA members, your partnership with the farm helps us along with things become daunting – we know that we are growing for you and your family.

This week, John planted a few acres of several lettuces, greens, and squash for fall harvesting. If all goes well, you have these nutritious items to look forward to in the months to come.

Do you have time to savor local flavors? Several folks have a credit with the farm for the weeks you were gone and we didn't prepare your basket. We have some crops in abundance that you are welcome to can, freeze, dry, pickle or cook-up however you desire – let us know and we will prepare a quantity amount for you ready at basket pickup. **Squash, zucchini, tomatoes, green bell peppers, sweet basil, cabbage, and beets** are available right now. Other items later on.