

In the basket . . .

Summer is in full swing, and we have a large variety of produce to share with you this week.

Baby Squash Medley (organic) – new this week!

We've put together a medley of the young versions of all the squash we grow on the farm.

This includes:

- Magda variety, which is a specialty zucchini with a sweet, nutty flavor;
- Floridor, another specialty zucchini that is bright yellow and round;
- Eight Ball, also a specialty zucchini, which is round and dark green;
- Starship, which is a medium-green scalloped squash;
- Patty Green Tint, which is a light green scalloped squash with a nutty flavor;
- Sunburst, which is deep yellow scalloped squash; and
- Flying Saucer, which is a mix of bright yellow and dark green squash.

Use the baby squash in place of other summer squash. Saute or steam lightly. Use olive oil, or try a little pesto as a sauce. Remove tiny stems and use raw as the veggie with a cool dip.

Heirloom Tomatoes (organic) – new this week!

Heirloom tomatoes are varieties that are grown from seeds that have been passed down through generations. They are grown more for taste than for high yields, uniformity and other aesthetic features, and how well they transport.

We picked four of the small varieties of heirloom tomatoes this week, so you probably have one or two varieties in your basket. We'll have more and different varieties to share with you in the coming weeks.

The Yellow Pear tomatoes are small, yellow salad tomatoes. The Red Pear is the red version of the Yellow Pear, is relatively rare, and has a little richer taste than the yellow version. The Black Plum is small and shaped like a teardrop. And the Old Ivory Egg has a mild, sweet flavor and an unusual off-white color.

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

Red Ripe Tomatoes (organic)

These juicy tomatoes are perfect in a salad or on their own.

Gold Potatoes (organic)

Whip up some good old potato salad this week and share your favorite recipe with us.

Cucumbers

There are a few different varieties of slicing cucumbers in your basket. Some are seedless, and some have seeds.

Bi-Color Super Sweet Corn

A summer treat! We hope you enjoy these ears.

Garlic (organic)

Here are a few bulbs of our homegrown garlic. Remember not to brown garlic for too long – only until it is translucent. If you sauté it for longer than that, it can become bitter.

Zucchini

Some nice, full-grown zucchini squash to enjoy. If you'd like to freeze it, you can simply slice the zucchini and put it in a freezer container. Or you can grate the zucchini and freeze it to use in bread and other baked goods.

Sweet Basil (organic)

If you don't want to eat this basil right away, you can freeze it. Just put the whole leaves in a plastic, sealed bag and freeze. Or you can make some pesto and freeze it.

Broccoli (organic)

A later planting resulted in a few more heads. Enjoy while it lasts.

Regular/Robust Baskets . . .

Artichokes (organic) – new this week! – our first season, give us your feedback

Artichokes are actually members of the sunflower family. They have a buttery popcorn aroma when cooked.

To prepare artichokes for cooking, you need to first rinse them thoroughly. Then pull off the tough, outer, lower petals and slice off the stems so that they're level with the bottoms of the artichokes. Cut any pointy tips off of petals.

Stand them up in a large saucepan and cover them halfway with water. Simmer, covered, for 30 or 40 minutes. (Or you can steam them for 30 or 40 minutes). You know the artichoke is done when you pull at a center petal and it comes off easily. At this point, you can either eat the artichoke or use them in a recipe.

To eat, hold them by the tip with the curved side down. Put between your teeth and pull the leaf out, scraping the underside of the leaf off so it stays in your mouth, while the rest of the leaf come out as you pull.

When the leaves are gone, use a fork or spoon to get rid of the choke, which is the hairy layer separating the leaves from the heart. Now you can eat the artichoke hearts.

Recipes to enjoy . . .

Roasted Broccoli

1 head broccoli, stems removed
1 ½ T olive oil
½ tsp garlic salt
1 tsp balsamic vinegar
¼ tsp ground black pepper

Heat oven to 400 degrees. Break broccoli head into medium florets and toss with remaining ingredients. Arrange in single layer on baking sheet. Bake 18-22 minutes, shaking the pan halfway through the cooking time. Remove from

oven when broccoli is a deep green color with some darkened spots. Makes 4 servings.

Tomato Pie

1 frozen deep-dish pie shell
3-4 ripe tomatoes
1 medium onion
1-2 ounces fresh sweet basil
1 cup shredded cheddar cheese
1 cup mayonnaise

Bake frozen pie shell half done. Quarter tomatoes and roughly chop. Layer tomatoes in pie shell. Chop onion and add to pie shell as second layer. Chop sweet basil and add to pie as third layer. Mix cheese and mayo together in bowl, then spread over top of pie. Bake at 350 degrees for 30 - 40 minutes.

Just a reminder to return your basket each week so that we'll have enough baskets for pick-up the following week.



Black Plum, Old Ivory Egg, Red Pear, Yellow Pear