



What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Beets	Yes	Plastic	Red w/tops
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Cucumbers	Yes	Plastic	
Garlic	No	No	
Lettuce	Yes	Plastic	Red leaf and green leaf
Onions	Yes	Plastic	Fresh Walla walla
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar snap
Zucchini	Yes	Plastic	Some patty pan

## Summer Squash

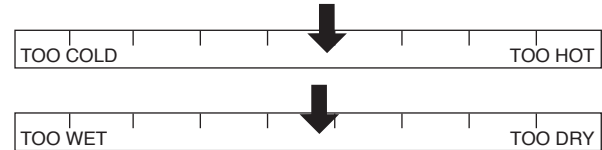
We're in the second week of July and are transitioning quickly into the summer veggies and away from the spring ones. There are many new items in the box this week, and a lot less green.

The name summer squash covers all of the squashes like zucchini, yellow squash, and patty pan. They are in the cucurbit family along with the winter squashes, cucumbers and melons. Summer squashes are picked when they are very young so that their skin is very tender, unlike the winter squashes which have a hard skin by the time they're ready for harvest. The summer squashes also grow very quickly this time of year. In order to keep them from getting oversized we have to pick them almost every day. The smaller you pick them the more perishable they are, so try to use up smaller ones first.

This year we've got our usual zucchini and some yellow patty pans. It's been a long time since I grew this nice Sunburst variety of patty pan, maybe I never have here at my own farm. Patty pan tends to be less watery than zucchini and it's such a beauty. Slice it horizontally in thick slices for grilling, or cut it into wedges like it's a little pie and sauté. We have many more zucchini plants than patty pan, so you'll always find zucchini in your boxes, and occasionally a patty pan as it kicks into heavier production in the coming weeks.

## Farm Report 7/14/11

Rainfall . . . . . 1.29"  
 High Temperature . . . . . 92°  
 Low Temperature . . . . . 61°  
 Farmer Complaint Indicators™:



The field cukes are just starting to size up, I'm guessing with the forecasted heat wave we'll have an explosion of these and zucchini on tap for next week. As it is this week we've just got one cuke per share.

First picking of the basil this week. We really should've gotten it picked last week, but it just didn't happen. It started flowering a bit which I try to avoid. The flavor is actually strongest when it's flowering, but sometimes it can get a little bitter while flowering too. Basil needs to be picked regularly to keep producing nice, tender leaves. Once it's flowered and set seed it kind of shuts down, having completed it's life cycle. You can kick it back into production by picking all of the flowers off as long as you still have some leaves to keep it going. Some of it is quite dirty from rain over the weekend, so wash it well. Basil doesn't hold up well if we wash it at the farm.

The first garlic of the season is in the box this week. This is garlic that is still growing and just came out of the ground this week. You can store it in your fridge, or let it dry out by leaving it on the counter. It's a little trickier to peel off the bulb wrappers to get at a clove when the skins haven't dried out, sometimes it's easiest to use a knife to free one of the cloves.

Also fresh out of the ground are the first of this year's onions. These are fresh walla wallas which are delicious. They aren't super sweet like a true walla walla, which is grown over the winter in Washington. But they're quite sweet if you caramelize them by sautéing them slowly over low heat with a little olive oil for 15 minutes or so.

It's nice to have the first round of beets in the box this week. The tops got roughed up also in the storms, but

there's still plenty of good eating there for the dedicated. If not, discard the tops and enjoy the roots.

The first carrots of the season are small and tender. They have such a nice, bright earthy taste. I'm always glad to see the color orange return to the boxes. It's a great complement to the blue-green of the broccoli. There's a bit of a revival of utilization of the carrot tops, which are edible and nutritious. I haven't really jumped on the bandwagon, but let me know if you do. Some suggested uses are in salads, pesto or tea.

The broccoli harvest continues this week with a couple more nice heads. Enjoy it in a stir fry while we still have some lovely scallions to add.

These will be the last peas of the season. They're a little larger variety of sugar snap called cascadia. It's nice to have a larger pea than some of the earlier varieties, but they do take a long time to mature, these were planted all the way back on May 4th.

The summer lettuces continue for this week and next week. Smaller and crisper than the spring lettuces.

### Farm News

We had some raucous weather go through on Sunday with not one, but two severe thunderstorm warnings on the farm. The one Sunday morning was no big deal and dropped about a quarter-inch of rain. The one that rumbled through late that night was a bit nastier. We had some very strong winds, maybe up to 60 mph. I don't have a real way of measuring wind speed at the farm, but there was a 74 mph gust recorded about 5 miles away. All our infrastructure held up fine, but it did lay down our planting of flour corn and tossed around the large and lush potato plants. The corn has mostly stood back up now, and the potatoes are happy to have had the moisture.

We were getting very dry ahead of that rain, although the rain came very hard, leaving little pockmarks on the side of all of the onion leaves that were facing into the wind. If that would've happened two weeks from now it would've knocked all the onion tops down and they wouldn't have stood back up. All in all, it was great to have the moisture. Fall seedings of carrots and beets need to be germinating now so they can get full-sized by the time fall is here.

What glorious weather the storms ushered in for a few days! One of the reasons the plants got tossed around in that wind is they've been growing in such warm and calm conditions over the last few weeks, that they were kind of overgrown wimps.

With all of the heat and now some moisture we've seen the weeds exploding all over the farm (not literally, unfortunately). Crops that two weeks ago looked weed free are now hidden from view by the marauders. With it too wet to cultivate early in the week Kara and Jesse spent a lot of time hand weeding, and it will continue after the shares go out this week. If we can stay on top of the weeds for the next couple weeks we should have smooth sailing for the rest of the summer.

The winter squash and melons have been loving the warm weather and growing by leaps and bounds on a daily basis. The tomatoes and peppers have really taken off too. I know the heat is uncomfortable and even annoying, but there's no denying how much the summer crops love it. I'll take the heat over one of those summer's where we struggle to get to 80°.

**Coming next week:** New potatoes, dill, carrots, lettuce, cucumbers, zucchini, collards, scallions.

We don't have a ton of time to cook this time of year, and now that our kids are in summer sports we have even less. It's actually one of the strange things about this job, that sometimes we don't ever get around to eating some of the things we grow, they come and go before we manage to plan a meal using them. We eat a lot of raw vegetables this time of year and this box has a lot to offer in that regard. It's not uncommon for us to just prepare a lot of raw veggies, like cucumbers, peas, carrots, zucchini spears, broccoli florets and have them on hand instead of preparing any cooked veggie side-dishes. We'll just have a rotating supply of raw veggies along with some hummus for the kids to dip them into, or we've always got a couple of packets of the french onion dip that you mix with sour cream on hand for quick suppers. Grilling a few brats and having some raw veggies on the side is quick, easy and doesn't heat up the house.

### Marinated Beets

- 1 lb. beets
- 1-2 t. crushed garlic
- 1-2 T. chopped fresh tarragon or 1 t. dried (fresh is really the best)
- 2 T. olive oil
- 4 T. balsamic vinegar
- Salt and black pepper to taste.

Bake, roast or pressure steam the whole beets until tender. Let them cool until you can easily handle them, then remove the skins and chop them into small cubes or slices. Combine the rest of the ingredients in a bowl large enough to hold the beets as well, and whisk until well combined. Add the beets, toss well and refrigerate for at least 1 hour before serving. Serve cold or at room temperature.