

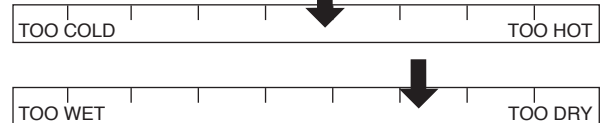


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Beets	Yes	Plastic	Red w/tops
Carrots	Yes	Plastic	
Celery	Yes	Plastic	
Cucumbers	Yes	Plastic	
Green Beans	Yes	Plastic	
Lettuce	Yes	Plastic	Red leaf and green leaf
Scallions	Yes	Plastic	
Potatoes	No	Paper	Red Norland
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

## Farm Report 7/25/13

Rainfall . . . . .0.67"  
 High Temperature . . . . . 91°  
 Low Temperature . . . . . 54°  
 Farmer Complaint Indicators™:



The skins are so fragile, in fact, that we like (love) to harvest these first potatoes by hand instead of using our potato digger which would do too much damage. Even with being very careful while harvesting and washing we still lose some skins and get some light bruising. Because of this these potatoes will not store long at all. I would eat them before the end of the weekend if not sooner.

We deliver them in plastic bags because it's convenient for us to pack them that way, but when you get home you should remove them from the bag. They are so fresh that they are still alive and will rot if left plastic. We keep them in a bowl in the cupboard away from light and heat. If you get one that has a brown spot where the skin was scraped away, just trim it out.

The next newbie to the box is carrots. It's been a long road for the carrots this year as well. These also went in 3 weeks later than they should have and went into the only dry place in the field at the time, which turned out to be about the weediest place on the farm this year. Nice to have them now, though, and we'll continue to have them for several weeks if we can stay ahead of the weeds.

The beets this week were planted the same day as the carrots, so they too, are a little small. We've managed to avoid too many leaf diseases on the early beets, so the tops are in pretty good shape for cooking. The fall beets look like they will end up being a nice crop, but they won't be ready until September. We should have one more picking of the early beets in a few weeks.

The summer squashes are coming in at a good clip now, you should have 5 or 6 of them in your box this week between yellow squash and zucchini. The yellow

## New Potatoes

Lots of new items for the box this week as we say good-bye to most of the spring crops like radishes and enjoy our first potatoes, carrots and beets.

We always look forward to the first potatoes of the year, and this year the wait has been longer than usual. Our cool wet spring delayed potato planting almost three weeks. Once they were in the ground, though, they have fared pretty well. Last year we had a pretty poor potato crop due to heavy pest pressure from both potato beetles and the potato leafhopper. And even though we still have plenty of each kind of pest this year, they are in a more manageable population.

We also planted a number of new varieties this year, in the hopes that we can find a couple of varieties that offer a little better natural resistance to pests as well as thrive in our growing conditions. It's too early to do much assessment of the varieties, but there certainly are some that are still thriving, whereas by this time last year almost all of our potatoes were dead.

Nothing new this first week, as Dark Red Norland continues to be the best early potato, although it is quite susceptible to insects. When we harvest early potatoes the plants are still alive and growing, which means that the skins of the spuds are very tender. The skin of a potato doesn't set firmly until the plant has died.

squash this year has been a bright spot. It's a variety I haven't grown before and it's been very productive and healthy. We've been eating quite a few of them by just slicing them into 1/4-inch thick circles and roasting them in a single layer on a cookie sheet after tossing with a little salt and oil. Let them get light brown on one side before flipping them with a spatula. When the other side is light brown serve warm or at room temp. I can't stop eating them if there's a bowl of them sitting at the table.

The cucumbers are also in full swing. The high tunnel cukes are about out of steam as the field cukes come into their own. Our main field cuke is a classic old variety called Marketmore 76. It's an open-pollinated variety with quite a bit of disease resistance. It requires pollination from bees to set cucumbers and thankfully we have a lot of bees in the fields at present. I think cucumbers pollinated by bees taste better, but it may be the variety. The Marketmores aren't as uniformly shaped and perfectly dark green, but that doesn't stop me from preferring them. For those of you who don't live in a household which can eat two cucumbers at every meal there's a recipe in the newsletter this week.

We're getting near the end of the lettuce this week. We might eke out another one for next week, but I'm not holding my breath. Some of you may get a red oak leaf type instead of a red leaf today.

The green beans continue they're very meager existence for 2013. Tasty, but not very plentiful.

Celery, basil and scallions round out the last share delivery of July.

### Farm News

What a difference a week makes with the weather. I started out harvesting yesterday morning with a sweatshirt on! It sounds like some more cool nights are in store for this weekend too, I saw a 47° forecast for our low on Saturday night! We had a nice shower go through Sunday morning, but would still be happy for more. The irrigation has been running almost continually, even with a shower as we try and keep up with a deficit of moisture as crops mature.

Tomato watch continues on the farm. I predict an uneven tomato season this year. The field tomatoes seem to have forgotten how to grow properly and the high tunnel tomatoes refuse to ripen. I had Jake take some drastic measures in the high tunnel and prune the vines back significantly to accelerate ripening. So far it does seem like they're progressing as much as

they can in the cooler weather and it's possible we may have enough to harvest next week.

Between rounds of irrigation we're mostly spending our time getting on top of the weeds that sprang up everywhere during last week's heat. Jake and Jesse got a lot of it cleaned up on Monday, but we've still got some areas that are 'in crisis'. But there's also new plantings of fall carrots and beets that need attention so sometimes it's hard to decide where to put our efforts. And each day there needs to be time to harvest the summer squashes and cucumbers.

**Coming next week:** Carrots, fennel, cukes, zucchini, yellow squash, kale, celery, beans, scallions.

### Japanese Cucumber Salad with Vinegar

3 heaping tablespoons bonito flakes (optional)  
 1/4 cup Sherry vinegar or rice vinegar  
 1 tablespoon dark soy sauce  
 2 English cucumbers or 4 regular cucumbers  
 1 tablespoon coarse salt  
 1 tablespoon sugar, or to taste  
 Garnish: a 1- by 2-inch piece toasted nori (dried laver) from one 8- by 7 1/2-inch sheet (optional)

If using bonito flakes, in a bowl stir together flakes, vinegar, and soy sauce and let stand 1 hour.

Peel and seed cucumbers and diagonally cut into 1/8- to 1/4-inch-thick slices. In a colander set over a bowl toss cucumbers with salt and drain 30 minutes. Rinse cucumbers well and pat dry. Pour bonito mixture through a fine sieve into a large bowl and toss liquid with cucumbers and 1 tablespoon sugar; if not using bonito flakes, toss cucumbers with vinegar, soy sauce, and 1 tablespoon sugar, or to taste. With scissors cut nori lengthwise into thin strips. Serve salad garnished with nori strips.

### Simple Indian Cucumber and Ginger Root Salad

1/4 cup split mung beans (*dal*), without skins, soaked overnight  
 1 cup water  
 1 inch piece of fresh peeled ginger, cut into fine julienne  
 Salt  
 1 small cucumber (about 6 ounces)  
 6 lemon or lime slices

Sort through the beans and remove any foreign matter. Soak in the water for at least 4 hours or overnight. Rinse and drain, then combine with the ginger and a sprinkle of salt in a small dish and mix well. Peel the cucumber, cut it into quarters lengthwise, and scoop out the seeds if they are developed. Cut crosswise into thirds to get 12 wedges. Arrange them on dinner plates, allowing 3 wedges, a citrus slice and a heaping spoonful of gingered dal per serving.