



“There are only two things that money can’t buy and that’s true love and home grown tomatoes.”

News from the Farm

Week 9 is mighty fine! It is amazing to think that August is upon us already. Next week marks the half way point in the CSA season but in terms of bounty many of our favorites are just arriving! The sweet corn is shaping up we expect it next week or the following week.

The barn dance is coming on August 8th. The potluck is from 4:30-6:30pm at the farm (7002 Rangeline Rd) and the dance is from 7-11pm down the road 4 miles (1701 Windfall Hill Rd). This is a family centered event for all ages. Bring your own dishes and cutlery if possible and a table for your dish. Call with any questions and start planning your potluck dish and outfit!

In weather...we are hoping for rain. It has been great growing weather but many of our newly seeded crops as well as field fruiterers like squash need some moisture. Our weedathon has picked back up as we try to get the fall crops well weeded between harvesting projects. We would love help next week Monday or Tuesday if you are looking for a summer work out and some vitamin D – just call and we will send you home with extra veggies or eggs and will feed you a nice lunch and perhaps be good company ☺

Have a delicious week- Kat, Tony, Riley, Ted and Maple

In Your Box

Head Lettuce or Salad mix-

Fresh Sweet Onions-

Cucumbers! See recipes for a full list and ideas for the coming bounty.

Zucchini/Summer Squash- See last week’s newsletter for lots of ideas.

Beets (fulls)

Tomatoes – next week we will have a full guide. All the tomatoes we deliver are ripe!

Kale- this is the last week of kale until the weather cools in September. Enjoy!

Garlic- straight from the field!

Basil-

Arrowhead, Savoy or red cabbage-

Carrots – don’t forget carrot top pesto!

Next Week’s Best Guess: cucumbers, tomatoes, green peppers, hot peppers, sweet corn, broccoli, zucchini, salad greens,

Pizza specials of the week – 5 veggie :summer squash, mixed peppers, rainbow chard, onions, basil; Bacon Margarita- farm bacon, fresh tomatoes, basil; Stoney Supreme- onions, mixed farm mushrooms, green peppers topped with maple herb sausage.

Kat’s Kitchen

Cucumbers- They are here for 6-8 weeks and we hope to provide lots of reasons to love cucumbers. This is a great time of year for cool cucumber salads, cucumber sandwiches, cucumber gazpacho soup, and cucumber water (just add slices to flavor a pitcher of water with mint, basil or berries). We have several varieties of cucumbers including the classic slicers, smooth skinned smaller “diva”, suya long which looks like a spiny snake but is burpless and sweet and you can just scrub, and the yellow “silver slicer” which is like any other slicing cucumber with a thinner yellow skin and flesh.

Basic cucumber salad ideas: Sesame cucumber salad – sesame oil, rice wine vinegar, salt or soy sauce and toasted sesame seeds; creamy cucumber salad- white vinegar, sour cream, salt and pepper; sweet and sour cucumber salad- vinegar, sugar or honey, salt and pepper;

Cucumber Basil Avocado Gazpacho

1 ripe avocado, 1 cucumber: skin left on, seeds removed, 2 small handfuls fresh basil, 1 clove garlic, 2 scallions or onion tops, 2 cups water, 1 1/4 teaspoon sea salt, Juice of 1 lime

Refrigerate all the ingredients until they are quite cold. Place the chilled ingredients into a blender and purée until smooth, allowing a few specks of green to remain throughout. Return the soup to the refrigerator and chill again until it is ready to be served.

Garnish with thinly sliced cucumber circles and basil leaves.

Pork (or kidney bean) tacos with pickled summer veggies – at least two hours before you eat combine 4 cups of any of the following (carrots cut into stick or thin rounds, cucumbers or zucchini thinly sliced or diced, shredded cabbage) with 1-2 cloves crushed garlic, ¼ cup white vinegar, 1/2 tsp salt and 1 tsp sugar or honey. Allow veggies to marinate in the refrigerator forming a quick pickle. Serve with any pulled or ground pork or beans, shredded farmers cheese and warm corn tortillas.