

What's in the box today?

Broccoli
Cabbage, Savoy Green
Celery
Cucumbers, slicing and pickling
Garlic
Onions, Red & White
Parsley
Summer Squash
Kohlrabi
Lettuce
Peppers, Green Bells,
Banana, mild Jalapeno



Mid Summer renovation is taking place inside our greenhouses in preparation for our fall crops. Our staff scoops compost from a tractor bucket to recondition the soil before the next planting, All our greenhouses are open and well ventilated but by late September we'll start preparing to close them down keeping the inside warm and protected from evening fall time temperatures.

Mid summer at the farm is one of the busiest times of the year. Not only are we harvesting for our weekly vegetable deliveries but we're also planting late season crops for a planned fall harvest. It's this time of the year when you could use a lot more help but with that not being possible we all work extra hard and extra long days to get by with the hands we do have. One nice feature at this time of the year is it's sure easy to fall asleep at night after you've had a long day on the farm.

Long work days loaded with multiple tasks bring all of us right to our physical and mental limits. Fortunately there's always a high level of excitement within our staff that keeps us moving along at a good pace. Seeing all the produce ready to harvest that we've planted and cared for over the last two months to us is about as exciting as when our cat Buddy sees a mouse. When we come across a vegetable ready to pick our excitement usually leads to thinking about what we could do with it. Often we start discussing different ways to go about cooking and preparing whatever vegetable we're looking at. One of the main features of vegetable farming that's held my interest for a long time is anticipating what I'm going to do with the food when I get it into the kitchen. I'm always hungry and thinking about how great that something is going to taste when I cook and eat it. Hope you're thinking the same. Have a great week and eat well everyday!

Cancelation notice to egg share member. The egg delivery is canceled for this week and will resume next week. **Note:** When the egg deliveries resume on August 17th only those who bought a "weekly" eggs share will be receiving them that day. Please pay attention to the signs whether you are a weekly or bi-weekly member. We will continue to deliver eggs to all egg share members until our commitment to you has been fulfilled for the year. Sorry about the inconvenience. Thank you!

Lemon Zucchini Bread

1½ c. all purpose flour
½ tsp. baking soda
¼ tsp. baking powder
¼ tsp. salt
¾ c. sugar
1 c. finely shredded, unpeeled zucchini
¼ c. cooking oil
1 egg
2 Tbsp. lemon juice
2 Tbsp. finely shredded lemon peel

Glaze

½ c. powdered sugar
1 Tbsp. lemon juice
1 tsp. lemon zest
*glaze can be doubled if desired

In a medium mixing bowl combine flour, baking soda, baking powder, and salt; set aside. In a separate mixing bowl combine sugar, zucchini, cooking oil, egg, lemon juice, and lemon peel. Stir to combine. Add dry ingredients to zucchini mixture; stir just until combined. Spoon batter into greased bread pan. Bake at 350 degrees for 50-55 minutes or until golden brown and set. Cool in pan on a wire rack 15 min, then remove from pan and cool completely. Once cool, combine ingredients for glaze and drizzle over bread.

Double Chocolate Zucchini Bread

1 cup Solid Coconut Oil or Room Temperature Butter
1 cup Granulated Sugar
1 cup Brown Sugar
4 whole Eggs
2 teaspoons Pure Vanilla Extract
2 teaspoons Baking Powder
1 teaspoon Baking Soda
1 1/2 teaspoons Sea Salt
3 1/2 cups Whole Wheat Pastry Flour Or All-Purpose
3 cups Zucchini, Grated

2/3 cup Dark Chocolate Cocoa Powder or Natural Cocoa Powder
1/4 cup Hot Coffee, Strongly Brewed
1 1/2 cups Dark Chocolate or Semi-Sweet Chocolate Chips
1 cup Walnuts, Chopped (optional)

Grease (2) 9"x5"x3" loaf pans and set aside. Cream together coconut oil or butter and both sugars until light and fluffy. Add eggs one at a time beating well between each addition. Add vanilla, baking powder, baking soda, and sea salt. Stir until well combined. Stir in flour, zucchini, cocoa powder, coffee, 1 cup chocolate chips and nuts until well combined. Scrape sides and bottom of bowl as needed. Divide batter evenly between greased loaf pans and push batter into corners of loaf pan and leave center slightly hallowed. Sprinkle each loaf with 1/4 cup chocolate chips. Allow loaves to rest for 20 minutes while oven preheats to 350 degrees. Bake loaves for 60-70 minutes until toothpick inserted into the center of each loaf comes out clean. Allow loaves to cool completely before slicing.

Walnut Parsley Pesto

- 1 cup shelled walnuts, about 3 1/2 ounces
- 2 cups chopped parsley, about 1 bunch
- 1/2 cup grated pecorino or parmesan cheese
- 3 garlic cloves, roughly chopped
- 1/2 teaspoon salt
- 1/2 cup olive oil

Put the walnuts, parsley, cheese, garlic, and salt in a food processor and pulse for a few seconds to combine. Scrape down the sides of the bowl, then pulse again. Drizzle in the olive oil while the machine is running just long enough to incorporate the oil, about 20-30 seconds. Use immediately or cover with plastic wrap and refrigerate to store. Will last several days chilled. Use with pasta or as a spread on



Fusilli with Parsley, Walnut , and Black Olive Pesto

- 2 1/2 cups lightly packed **fresh Italian parsley** leaves (about 1 large bunch)
- 1/2 cup toasted walnuts
- 1/2 cup (about 4 ounces) chèvre (fresh goat cheese)
- 1/4 cup coarsely chopped pitted black olives, such as kalamata
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup olive oil
- 1 pound dried whole-wheat corkscrew or “Fusilli” type pasta

Bring a large pot of heavily salted water to a boil over high heat. Place parsley, walnuts, chèvre, olives, pepper, and a generous pinch of salt in a food processor. Pulse until ingredients are coarsely chopped and mixed together. With the machine running, slowly add the oil in a thin stream.

Cook pasta according to the package directions. Reserve 1/4 cup of the pasta water before draining in a colander; immediately return pasta to the empty pot.

Add pesto and toss to combine. Stir in the reserved pasta water to create a creamier sauce. Taste and, if necessary, adjust seasoning; serve immediately.

Cabbage with Zucchini and Sesame Seeds

1 Tbsp. Sesame seeds
1 tsp. Olive oil
3 cups finely chopped **zucchini**
6 cups thinly sliced **Savoy cabbage** (about 1 ½ pounds)
¼ cup rice vinegar
¼ cup low sodium soy sauce

1 tsp chile paste with garlic
1/8 tsp. black pepper
1 Tbsp. chopped fresh mint
(optional)

Toast sesame seeds in a large skillet over medium heat 3 minutes or until lightly browned, shaking the pan frequently. Remove from pan. Heat oil in pan over medium-high heat. Add zucchini; cook 3 minutes or until tender, stirring frequently. Add cabbage and next 4 ingredients (cabbage through pepper). Cover, reduce heat to medium, and cook 6 minutes or until tender, stirring occasionally. Remove from heat; stir in sesame seeds and mint, if desired. Serve immediately. Yield: 4- 1 cup servings.



Savoy Cabbage Gratin

About 4 tbsp. butter, divided
1 small head **savoy** cabbage (about 1 1/2 lbs.), cored and cut into 8 wedges
About 3/4 tsp. kosher salt
About 1/2 tsp. pepper
1 **garlic** clove, chopped
1 1/2 teaspoons chopped fresh thyme leaves, plus thyme sprigs
1/4 teaspoon nutmeg
1 tablespoon flour
1 cup heavy whipping cream
3/4 cup shredded aged gouda cheese*
1/2 cup fresh bread crumbs

Butter a shallow 2-qt. baking dish (about 8 by 11 in.) and preheat oven to 400°.

Melt 2 tbsp. butter in a sauté pan* or large frying pan over medium-high heat and add cabbage wedges cut side down. Sprinkle with 3/4 tsp. salt and 1/2 tsp. pepper; cook, turning once, until lightly browned, 5 to 7 minutes. Add 1/4 cup water to pan. Partially cover and cook cabbage until it's just tender, 3 to 5 minutes more.

Transfer cabbage and any stray leaves to prepared dish, arranging wedges so they lie flat (they should fit snugly). Return pan to medium heat and melt remaining 2 tbsp. butter. Add garlic, chopped thyme, nutmeg, and flour. Stir until thoroughly combined, add cream, and cook, stirring, just until thickened and bubbling, about 2 minutes. Pour cream mixture over cabbage. Top with cheese and bread crumbs. Bake until browned and bubbling, about 20 minutes. Garnish with thyme sprigs and season to taste with more salt and pepper.

Jalapeno Cornbread

1½ cups cornmeal
1/2 cup all-purpose flour
6 tablespoons sugar
2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
2 eggs
1 cup buttermilk
1/4 cup olive oil
3 jalapeno peppers, seeded and finely chopped

In a bowl, combine the first six ingredients. In another bowl, whisk the eggs, buttermilk and oil. Add to the dry ingredients and stir just until moistened. Stir in jalapenos. Pour into a greased 9-inch square baking pan.

Bake at 400°F for 20-22 minutes or until a toothpick inserted near the center comes out clean. Cut into squares or wedges.

Serve warm.

Sautéed Kohlrabi with Onions and Cream

1 **kohlrabi**, peeled & cubed
Thinly sliced **white onion**
Unsalted butter
Heavy cream
Salt and pepper
Grated nutmeg

Sauté kohlrabi and onion in butter over medium-high heat until almost tender. Add a generous splash of heavy cream, and cook for a few seconds to reduce. Season with salt, pepper, and nutmeg. Serve with chicken, pork chops, or steak.



“You don’t have to cook fancy or complicated masterpieces

-just good food from fresh ingredients”

Julia Child