



What's in the box today?

- Beans, Green & Yellow
- Broccoli
- Watermelon, "Yellow doll yellow, certified organic from Miller Farms Par-
- Cucumber, slicing. Gherkin style
- Kohlrabi
- Lettuce
- Peppers, Bell & mini "Lunch Box" Colored
- Parsley
- Onions, Cipollini Yellow
- Summer Squash

A gray tree frog basks in the warm sun resting on the leaf of an eggplant. These amazing creatures commonly spotted around the farm are very beneficial to controlling insect pest populations helping us to reduce the need for spraying expensive biological insecticides. An interesting fact about the tree frog is they survive our cold Wisconsin winters by having a high level of glycerol in their blood and body tissues. With its own antifreeze they can withstand temperatures well below freezing. Over forty percent of their body fluids can freeze solid enabling them to survive the bitter cold. Right now this little tree frog is more concerned about capturing his next meal rather than what's to come for him this winter. Live for the moment and enjoy the hot summer days of August while they last. Click on this link to hear the chirping sound these grey tree frogs make. <https://www.youtube.com/watch?v=iLBehkuQgtk&feature=youtu.be>

### Baked Stuff Patty Pan Summer Squash

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 4 <b>summer squash (pattypan)</b> | 1 1/2 cups fresh bread crumbs |
| 1 <b>onion</b>                    | 1/2 teaspoon pepper           |
| 3/4 cups chopped <b>parsley</b>   | 1 Tbsp. olive oil             |

Set oven temp to 350F. Cut squash in half, horizontally and scoop out the seeds. Chop onion. Crumble sausage and cook until no longer pink. Remove from the pan with a slotted spoon and set aside. Add onion to fat in pan and cook till soft, 2 minutes. Combine sausage, onion, parsley, bread crumbs, pepper and 2 tablespoons water. Divide mixture among squash halves. Brush tops of the stuffing and squash with oil. Pour 1/2-inch water in a large baking pan. Put squash in pan, cover and bake 30 minutes. Uncover and bake until squash are tender and stuffing is browned, about 15 minutes.

## Simple Green Bean Casserole

- 1/3 stick butter
- 1/2 cup diced **onions**
- 1/2 cup sliced fresh mushrooms
- 2 cups sliced **green beans**
- 3 cups chicken broth
- 1 tsp. of garlic powder
- 1/2 tsp salt
- 1/4 tsp ground pepper
- 1 -10 oz can cream of mushroom soup
- 1 -2.8 ounce can French-fried onion rings
- 1 cup grated cheddar cheese



Preheat the oven to 350° F. Melt the butter in a large skillet. Sauté the onions and mushrooms in the butter, Boil green beans in chicken broth for 10 minutes and drain. Add the green beans, mushroom soup, onion rings, and seasonings to the onion mixture. Stir well. Pour into a greased 1 1/2 quart baking dish. Bake for 20 minutes, then top the casserole with the cheddar cheese and bake for 10 minutes, longer, or until the casserole is hot and cheese is melted.

## Broccoli Tots

- 1 bunch of **broccoli**, cut into equal sized florets (around 3-4 cups)
- 1 cup sharp cheddar cheese, shredded (I used Cabot Vermont Sharp White Cheddar)
- 1/3 cup **onion**, finely chopped
- 1/2 cup breadcrumbs
- 2 eggs
- salt and pepper

Preheat your oven to 400 degrees F. Pour 1 inch of water into a saucepan; bring to a boil. Place the broccoli into the boiling water, cover, and reduce the heat to medium. Cook the broccoli for 5-6 minutes, or until it can easily be pierced by a fork. Drain the broccoli and set aside to cool slightly. Lay the broccoli out onto paper towels and cover with more paper towels, Press down firmly on the broccoli to absorb as much moisture as you can. Another method is to put the broccoli in the center of a dish towel and ring out the water as seen here. Finely chop the broccoli. In a large bowl, combine all of the ingredients and season with salt and pepper. Stir everything together until well mixed. Fill each muffin cup in a mini muffin tin to the top, pushing down on the filling with your spoon so it's nice and compacted. Bake for 18-20 minutes in preheated oven. The top will be starting to golden. To easily remove from the pan (without scratching it to death), run a plastic knife around the edges of each tot and they should come out easier.

# Grilled Sausage and Summer Squash with Herbs, Capers, Kalamata olives, and Lemon

1 1/2 lbs. **zucchini and/or yellow summer squash**, cut into same size pieces

2 Tbsp. + 2 tsp. olive oil

salt and fresh ground black pepper to taste

1 lb (4 links) turkey, chicken or pork Italian sausage (I used turkey sweet Italian sausage)

2-3 Tbsp. chopped mint

3-4 Tbsp. chopped **parsley** (Or use any combination of chopped herbs that appeals to you)

1/3 cup pitted Kalamata olives, cut in half

1 Tbsp. capers

juice of 1 lemon (about 2 Tbsp. lemon juice)

Preheat gas or charcoal grill to medium-high heat. If using a grill pan to cook the squash, let it pre-heat on the grill. Wash squash, cut off stem and flower ends, then cut squash into same-size pieces.

Cut the squash into 1 inch thick slices, then cut the bigger slices in half. Note: If you don't have a grill pan to cook the squash, make your pieces big enough that they won't fall through the grill.

Put squash into a small bowl and toss with 2 Tbsp. olive oil, plus a generous amount of salt and freshly ground black pepper.

If you're using low-fat turkey or chicken sausages, place them in a flat bowl and brush with the 2 tsp. olive oil.

Cook sausage and squash for 15-20 minutes, or until squash is tender-crisp and sausage is lightly browned, firm, and cooked through.

While squash and sausage cook, wash, dry, and chop mint and parsley (or herbs of your choice.) Drain Kalamata olives and cut in half.

Put chopped herbs, olives, and capers into a bowl large enough to hold all the squash and sausages. When sausage is done, take it off the grill and cut into 1 inch slices.

Put sliced sausage and cooked squash into the bowl with the chopped herbs, olives, and capers and toss. Season to taste with salt and freshly-ground black pepper and squeeze lemon juice over, then toss again.

Serve hot.