



What's in the box today?

- Beets
- Beans, Green
- Cabbage, Green
- Carrots
- Cucumbers, Pickling
- Cucumber, slicing
- Edamame
- Garlic
- Herb, Thyme
- Onions, white
- Tomatoes, Romas, cherries, and slicers
- Peppers, Assorted Sweet
- Cantaloupe, Certified organic from the Norman Miller farm in Pardeeville, Wisconsin
- Summer Squash
- Zucchini Summer Squash

No farmer would deny the fact that the stress to manage, and to keep up with everything during the growing season, can at times be a little overwhelming. Keeping a handle on the production of the crops and keeping those boxes filled with food is all we can think of right now. Now we're heading into the busiest and most hectic time of the year— the main harvest season. Between now and until our first frost the harvesting is ongoing everyday. Some of our bigger storage crops like our onions and winter squash



will soon all be harvested from the field and

"Agriculture is the most healthful, most useful, and most noble employment of man."
-George Washington

put into storage for the last remaining ten deliveries. Our onion crop looks really good this year and you'll most likely be getting a weekly share of white, red, or yellow onions in the weeks to come. Onions store well if kept in a cool dark place in your house so you don't have to consume them all in one week as they should hold up at your home for good while. For now we still have another good month of fresh harvest and there's plenty more food on the way so for now we'll get back to work. And for you, get in your kitchen and get to work. Have a great week!



Edamame Soybeans

In today's box you'll find fresh green "edamame" soybeans for your eating pleasure. The word edamame means "Beans on Branches". They grow in clusters on a



branched bush.

Here's a simple way to prepare them. Remove the pods from the stems. Place the pods in boiling water for 3 to 5 minutes or until you see the pods beginning to split open. Remove the bean and discard the pod. Just a little butter and salt and they're ready to eat. They're also great to sprinkle over salads.

Edamame nutrients include calcium, iron, potassium, and folate which is a B vitamin. They also contain phytoestrogens, which are estrogens that plants produce. Plant research has found phytoestrogens to help fight heart disease by increasing good cholesterol and lowering bad cholesterol levels, prevent breast cancer in premenopausal women, promotes prostate health, and also acts as an antioxidant.

Enjoy the edamame!

Umami Edamame

2 cups fresh **edamame** in their shells
1 Tbsp. Sesame oil
1 Clove of **Garlic**, finely chopped
1 tsp. finely Grated Fresh Ginger
2 Tbsp. Soy Sauce

2 Tbsp. Chicken Stock (or Veggie stock for Vegans)
1 Tbsp. Rice Vinegar
1 ½ Tbsp. Dark Brown Sugar
½ tsp. Red Pepper Flakes

Steam the edamame about 1 minute less than the package says.

While it's cooking, mix soy, stock, rice vinegar, sugar and red pepper flakes in a small bowl.

Heat the oil in a cast iron (or other heavy bottomed) skillet over medium heat. Add the garlic and ginger and cook until fragrant (about 1 minute)

Add in the soy mixture, turn heat down to medium low and cook until thickened (about 3-5 minutes). Add the cooked edamame, toss and cook for about another minute. Serve hot.

Thyme Carrots

1 lb **carrots**, peeled & cut into
1/4 slices
4 tbs balsamic vinegar
2 cloves garlic, minced
4 tbs olive oil
salt
pepper
fresh **thyme** to taste, stems re-
moved

Boil carrots in a large pot of
water until tender about 7-9
mins. Strain carrots and mix
with the remaining ingredients.
Adjust as needed according to
your taste. Taste and add more
thyme or vinegar as needed.



Work share volunteers gathering carrots for today's delivery.

Garlic Parmesan Roasted Carrots

¾ lbs **carrots**, skin peeled
2 Tbsp. melted salted butter
2 cloves **garlic**, minced
3 Tbsp. grated Parmesan cheese
1 tsp. chopped parsley

Preheat the oven to 400F.

Mix the melted butter and garlic together. Coat the carrots well with
the butter mixture.

Arrange the carrots on a baking sheet lined with parchment paper.
Drizzle the extra butter garlic mixture on top of the carrots. Roast for
15 minutes, then top the carrots with the Parmesan cheese. Roast for
another 10 minutes or until the cheese melts and slightly browned.
Remove from the oven and top with the parsley. Serve immediately.



Our summer squash crop is exhausted. This is the last delivery of summer squash. Hope you enjoyed their uses. If you have a hankering for one last meal here's a good recipe to try.

Zucchini Bake with Feta and Thyme

1 -2 medium to large **summer squash**, or a mixture of colors, sliced lengthwise and then into 1/4 inch slices (about 3 to 4 cups sliced squash)

1/2 Tbsp olive oil (or less, depending on the pan)

1-2 clove minced **garlic** (about 1/2 Tbsp)

1 Tbsp fresh **thyme** leaves

2 eggs

1/4 cup sour cream

1/2 cup crumbled feta (not tightly packed)

1 Tbsp. grated Parmesan cheese

1 1/2 tsp. lemon juice

salt and fresh ground black pepper to taste

Preheat oven to 375F/190C. Wash and dry squash, then cut off stem and blossom end and discard. Cut squash lengthwise in half, then slice into half-moon slices about 1/4 inch thick.

Heat olive oil in large non-stick frying pan, add garlic and thyme leaves and sauté about 45 seconds (just long enough to season the oil, don't let the garlic brown.) Add squash slices and sauté about 4 minutes, turning a few times. Squash should be barely starting to soften.

While squash cooks, break egg into a small bowl or glass measuring cup and beat until egg yolks and whites are combined. Stir in sour cream, feta, parmesan, and lemon juice.

Spray a 8 inch square baking dish with non-stick spray or olive oil. Layer half the squash in the dish, then season with salt and fresh ground black pepper. (Remember the feta is salty, so it won't need a lot of salt.) Pour over half the egg-feta mixture and use the back of a spoon or a rubber scraper to spread it over the squash. Repeat with another layer of squash and the rest of the feta-egg mixture.

Bake at 375F/190C for 40-45 minutes, or until the mixture is bubbling, slightly set, and top if lightly browned. Serve hot.

Haluska

A simple Hungarian dish that reminds you a bit of macaroni and cheese.

- ¼ cup butter
- 1 medium head of **cabbage**, shredded or very finely sliced
- 1 large onion, halved and sliced
- 1 pound egg noodles
- 1 pound carton sour cream (fat-free or reduced-fat is fine)
- Salt and pepper

Begin heating a large pot of salted water for the noodles. Melt the butter in a large Dutch oven over medium heat. Add the cabbage and onion and sauté, stirring frequently, until the cabbage is limp and completely tender, about 10 minutes. Cook the noodles in the boiling water until tender, 7-9 minutes, or according to package directions. Drain well. Add the noodles to the cabbage and mix well. Add the sour cream and stir until distributed throughout the dish. Season with salt and pepper to taste. Serve immediately.

Punjabi-style Cabbage (Band Gobi)

- 3 Tbsp. oil
- 1 Tbsp cumin seeds
- 1 tsp. turmeric powder
- ½ cup **onion**
- 1 (1 inch) piece ginger root, peeled and grated or minced
- 6 cloves **garlic**, peeled and diced
- 1 medium potato, peeled and diced (1 cup)
- 1 medium head **cabbage** out leaves removed and finely shredded (about 8 cups)
- 1 cup of fresh peas or edamame, pods removed
- 1 green Thai, Serrano, or cayenne chile stem removed, chopped
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp ground black pepper
- ½ tsp. red chile powder or cayenne
- 1 ½ tsp. sea salt

In a deep, heavy pan heat the oil over medium-high heat. Add the cumin and turmeric and cook until the seeds sizzle, about 30 seconds.

Add the onion, ginger root and garlic and cook for 2 minutes, stirring occasionally to prevent sticking.

Add the potato. Cook for 2 minutes until soft.

Add the cabbage and cook for another 3 to 4 minutes, stirring occasionally to make sure all of the cabbage is mixed well with the spices.

Add the peas, or edamame, chile, coriander, cumin, black pepper, red chile powder and salt.

Turn the heat to low and partially cover the pan. Cook until the cabbage wilts, about 8 to 10 minutes. Cook it a little longer.

* Note! This recipe is spicy and it can easily be toned down by omitting the cayenne, hot peppers and replace with sweet peppers.