



What's in the box today?

Beets
Cabbage, Savoy Green
Dill
Leaf Broccoli / Kale
Kohlrabi
Lettuce, Romaine
Parsley
Peppers, Assorted Sweet
Bush Beans, Green & Yellow
Scallions
Summer Squash

A monarch butterfly lands atop of a butterflyweed flower (type of milkweed) to collect pollen and to lay her eggs. After the eggs hatch the caterpillars will survive by it's sole diet of eating the leaves of the milkweed plant.

Perhaps there's no other occupation like farming where time and weather are so crucial to what you produce. It's August and we're heading into our main harvest period. The rain and warm temperatures in July provided most crops with the perfect growing conditions to get them to this point where harvesting for our CSA deliveries is now becoming a daily routine. With approximately 50 days until the first day of fall we're making some of our last outdoor plantings for the season that will be crops ready for harvest in the later part of our season. The challenge of farming in a region where the season is short is having only a couple of solid months to get it all picked and passed out before the growing season comes to an end. So needless to say the next couple of months will be busy for us and should provide all of you with some good eating. Hopefully you'll have the quality time in your daily routine to prepare and consume the food we're sending your way. Hope the recipes have been of some help to give you some great ways to eat the seasons bounty. Have a great week everyone!

"Factory farming like comparable evils throughout history, depends for its existence upon concealment. It depends on people either not noticing, or willfully averting their gaze"

Matthew Scully, author



The couple colored peppers in your box today are a miniature sweet pepper called a "lunch box" pepper (left). They are a sweet pepper and are not hot.

This is a new cultivar that we sampled and planted in the greenhouse as an experiment just to trial them and see how they grow. They're starting to ripen now and by the number of green fruits each plant has set you will see more as they ripen to their full colored state. The pepper on the right is another sweet pepper type and can be used for any recipe calling for peppers.

Farmchiladas!!!

2 cups shredded **zucchini/summer squash**

½ cup sliced **green pepper**

½ cup chopped **scallions** bulb plus the chopped greens

3 cloves garlic, minced

2 cups chopped Swiss Chard, **Kale** or Spinach

*If no cooking greens are on hand omit and serve the enchiladas topped with chopped **lettuce** instead

12-16 oz black or refried beans, cooked

3 cups shredded Queso Blanco, cheddar, mozzarella or any other melting cheese

4 cups homemade or purchased enchilada sauce

½ cup **basil** lightly packed, minced and added to enchilada sauce

tortillas of your choice (larger are easier to roll but small ones work too)

Preheat oven to 375 degrees. Pour just enough enchilada sauce into 9x13 glass pan to cover the bottom. Set remainder aside. Divide cheese in half and set half aside for later. Fill a tortilla with it's share of beans, zucchini, pepper, scallion bulb, garlic, kale/chard/spinach and cheese. Roll and set in pan on top of sauce. Repeat until pan is full. Pour remainder of enchilada sauce over rolled tortillas. Sprinkle with remaining cheese and the chopped scallion tops. Cover and bake for 30 minutes. Remove cover and bake additional 15 minutes or until cheese is browning and sauce is quite bubbly. Enjoy!

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.

Scallion Soup

4 Tbsp. butter
2 lbs. **scallions**, Sliced (reserve 6 scallions for garnish)
2 russet potatoes, cut into 1-inch chunks
6 cups chicken broth
½ tsp. kosher salt
3 **parsley** sprigs
1 thyme sprig
1 rosemary sprig
1 bay leaf
1 cup heavy cream
freshly cracked black pepper to taste

In a large pot over medium heat, melt the butter and swirl it around the pot. Add the scallions, stirring to coat, and cook until fragrant and soft, about 3 minutes. Add the potatoes and stir to combine. Pour in the broth and salt and increase the heat to medium high.

Make a bouquet garni by bundling the parsley, thyme, rosemary, and bay leaf tying them with kitchen twine. Add the bouquet garni to the pot, making sure it's fully submerged and bring the soup to a boil. Reduce the heat and simmer uncovered until the potatoes are tender and break apart easily, about 25 minutes.

Discard the bouquet garni. Using an immersion blender, puree the soup until smooth. Stir in the heavy cream and heat through.

Thinly slice the reserved scallions. Serve the soup hot or cold with a few turns of freshly cracked black pepper and garnish of scallions on top.



Debra Jo transplanting kale with the crew for a late season harvest.

So What About Those Tomatoes?

There's probably no other vegetable (actually fruit) that most people crave at this time of the year than the home grown vine ripened tomato. Growing tomatoes for most who've attempted a back yard garden, either in the ground, or in containers on a patio is quite a grand achievement for anyone's effort when tomatoes reach their fully ripened state. Growing tomatoes as we do we have a lot leaning on the final outcome and success of the harvest. For the type of plants that they are, growing tomatoes in Wisconsin is actually a high risk crop. The majority of the tomatoes consumed in this country are grown in the south, and south west of the United States while a big percentage are imported from other countries.

Last year our tomatoes were affected by a late blight which pretty much decimated the entire crop. That's not easy to digest after putting the time and expense into growing them.

Our tomato crop looks good this year but because they were transplanted late our tomatoes are still a ways off from harvest. Still with the time left in the season we hope to fill your boxes with a lot of tomatoes later on. We know you're out there waiting but be patient as we're being and let's all hope for the best harvest ever.





If you're looking for a versatile and fun way to use up your zucchini's you might want to try using what's called a "spiralizer". They're inexpensive to purchase and will last for many zucchini seasons to come. The non electric appliance will slice the zucchini in to a noodle like shape and can be used for thousands of recipes found on the internet. A great substitute to pasta for those looking for gluten free meals.

Zucchini Noodles with Creamy Avocado Pesto

2 large **zucchini**, spiralized

¼ cup pine nuts

1 Tbsp olive oil

2 Tbsp lemon juice

For the Sauce:

½ tsp. sea salt

2 ripe avocados

¼ cup olive oil

1 cup fresh basil leaves

Cracked black pepper, to taste

3 cloves garlic

Spiralize your zucchini and set aside on paper towels so that any excess water is soaked up.

In a food processor, add avocados, basil leaves, garlic, pine nuts, lemon juice and sea salt and pulse until finely chopped.

Then with the motor still running, add olive oil in a slow stream until emulsified and creamy.

Drizzle olive oil in a large skillet over medium high heat then add zucchini noodles, cooking for about 1 to 2 minutes until tender.

Add zucchini noodles to a large bowl and toss with avocado pesto. Season with cracked pepper and a little Parmesan, serve and enjoy!

Spiralized Zucchini and Pasta with Red Sauce

2 medium sized spiralized **zucchini**

Olive oil

2 cups cooked rotini pasta

Pepper to taste

2 cups homemade red sauce

Chopped parsley

Place zucchini noodles in bowls and top with 1 cup cooked pasta in each bowl and 1 cup of red sauce in each bowl. Drizzle with olive oil and sprinkle on pepper.

Place cover over bowl and heat in microwave until heated through. This will steam the zucchini just enough to soften but not make it mushy. Sprinkle on parsley. Serve immediately.