



What's in the box today?

- Broccoli
- Carrots
- Cucumbers, Pickling
- Cucumber, slicing
- Edamame
- Eggplant
- Lettuce
- Onions, white
- Tomatoes, Romas, cherries, and slicers-Oh My!
- Peppers, Assorted Sweet
- Sweet corn
- Yellow Doll Watermelon, Certified organic from the Norman Miller farm in Pardeeville, Wisconsin

How sweet it is! The corn in today's delivery was grown here at the farm and was handpicked on Tuesday by staff from top left clockwise, Sarah Heuer, Chelsa Ohman, Ellie Hrlevich, Patrick Whalen, and Danielle Wierikko. Hats off to all of you who collectively harvested a little over 2400 cobs. Thank you for the great effort staffers. Enjoy the corn!

How To Grill Eggplant

- Eggplant
- Balsamic vinegar
- Olive Oil
- Herbs of choice

Start by slicing the eggplant into quarter inch slices lengthwise - this goes for other veggies that you want to grill with it. Marinate in a baking dish with olive oil, balsamic vinegar, and just about any herbs that turn you on. Add chopped garlic and salt and pepper to taste. Marinate for about an hour and grill over a medium grill until they're nicely soft and grilled. Serve warm and bask in the glow of compliments from your friends.

"The simple hearth of the small farm is the true center of our universe"
-Masanobu Fukuoka, Japanese farmer and philosopher

Corn Bread

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| 1 1/2 cups yellow cornmeal | 1 cup (4 ounces) finely shredded Mexican blend cheeses or Cheddar cheese |
| 1 1/2 cups all-purpose flour | 1 1/4 cups buttermilk |
| 3 tsp. baking powder | 2 large eggs |
| 1/2 tsp. baking soda | 6 Tbsp. melted butter |
| 1 scant teaspoon salt | |
| 3 to 4 Tbsp. sugar | |
| 1/4 to 1/2 cup chopped jalapeno peppers | |
| 1 cup fresh sweet corn , kernals cut off of cob | |

Grease and flour a 9-inch square baking pan. Heat oven to 400°.

In a mixing bowl, combine the cornmeal, flour, baking powder, soda, salt, and sugar; stir in chopped peppers, corn kernels, and cheese.

In another bowl, whisk together the buttermilk, eggs, and melted butter. Stir into the dry ingredients until well moistened. Spread the batter in the prepared baking pan. Bake for 30 to 35 minutes, or until lightly browned and firm.

Fresh Corn Chowder

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| 2 Tbsp. butter | freshly ground black pepper |
| 1 cup chopped onion | 1/4 tsp. thyme |
| 1/2 cup minced celery | 1/2 tsp. dried basil |
| 1 sweet red bell pepper , minced | 1 cup stock or water |
| 4 cups fresh sweet corn (approximately 4-5 cobs) | 1 cup evaporated milk (or regular milk) |
| 1/2 tsp salt | |

In a medium-sized saucepan begin cooking the onions in the butter over medium-low heat, stirring. After about 3-5 minutes add celery, and keep cooking. Five minutes later add peppers and corn.

Add seasonings, stir well, and cover. Reduce heat; let it cook 5 minutes. Add stock. Cover and simmer about 10 minutes. Using a blender or food processor, puree about half the solids in some of the soups own liquid. About 10 minutes before serving time, add the milk. Don't actually cook the soup any further; simply heat it gently to eating temperature.

Edamame and Wild Rice Salad

2 cups shelled and cooked edamame

½ cup blanched slivered almonds

2 Tbsp. white sesame seeds

4 cups cooked wild rice

¾ cups chopped onions

2 medium carrots, peeled and diced small

½ cup dried cranberries

3 Tbsp. olive oil

2 Tbsp. sesame oil

¼ cup rice vinegar, plus more if needed

2 tsp honey

Kosher salt

Freshly ground black pepper

Place almonds in a skillet over medium heat and toast, stirring often, until golden brown. Transfer to a large bowl to cool, Add sesame seeds to skillet and toast, stirring often, until golden brown. Transfer to bowl with almonds.

Add cooked rice, onions, edamame, carrots and cranberries to almonds and seeds and toss to combine. In separate medium bowl, whisk olive and sesame oils, vinegar, honey and pinch of salt and pepper until combined, Drizzle over rice mixture and toss to combine. Taste and season again as needed. Cover and chill at least 1 hour before serving.

Cheesy Onion Casserole

2-3 Tbsp. butter

4 medium white or yellow onions

2 cups. shredded Swiss cheese (8 oz.)

1 can organic cream of chicken soup

2/3 c. milk

1 tsp. soy sauce

8 slices of French bread

Slice the onions. Melt butter in a sauté pan over medium heat, and add onions. Sauté onions until clear, a little brown is ok. In a shallow 2 qt. casserole pan, layer onions, 2/3 of cheese and pepper to taste.

In a sauce pan, heat soup, milk, and soy sauce, stirring to blend. Pour soup mixture in a casserole and stir gently to mix. Top with bread slices. Bake at 350°F uncovered for 15 minutes. After 15 minutes, top of bread should be nice and toasted.

Push bread slices under the sauce and top with the remaining cheese. Bake for 15 more minutes and you are done!