

Week 10  
B Week

Volume 2, Issue 10

Phone: 920-864-7230

## TUESDAY SHARES

Swiss Chard

Cucumbers

Tomatoes

Beans—Yellow, Purple, Green

Summer Squash: Zucchini, Yellow  
Crookneck, Straightneck and/or  
Patty Pan (saucer shape)

### A little bit of this!

We have some veggies that are just starting or ending and we didn't have enough to go around, so I may have tucked it in your bag.

### Fresh Onion

They won't keep unless you continue drying them until the tops turn brown, but you can cut the tops off and use fresh in the next several days.

Popcorn Garlic

Jalapeño

Herb: Cilantro & Basil

## UPCOMING EVENTS

**Preserving the Harvest:** Saturday, August 29th from 10am-1pm. Come learn the basics of canning, freezing, and drying your harvest. \$30 suggested donation (includes lunch).

## Farmer's Field Notes

I hope you tried the Malabar Spinach in last weeks share. If so...good for you! You'll be familiar with everything in your share this week. There are several new varieties of things coming up that you may not recognize, however. For cucumbers this year, we have a few normal (green) varieties and then an Indian variety Poono Kheera. These cucumbers ripen to a russet brown...they don't look appetizing, but they are out of this world delicious. We have quite a few varieties of slicing/heirloom tomatoes: New

Girl, Black Prince, Brandywine, Striped German, Orange Valencia, Wisconsin 55, and Cherokee Purple. As far as cherry and grape tomatoes, we have: Black Cherry, Orange Sungold, Yellow Pear, Red Pear, and Red Grape. And for the Paste/Roma Type tomatoes, we have Amish and San Marzano. Varieties are developed for many reasons, and some tomatoes will taste delicious but have cracks and brown holes and look horrible. The tomatoes that look perfect will likely have less intense flavors but will keep on

your counter longer. As we grow for you, it is imperative that you give feedback to let us know what is important to you. Black Prince was a trial last year and because so many people enjoyed it, we made it a staple this year. If you really enjoy a certain variety of something, we do listen, so let your vote be heard!

*Dayna*

P.S. I am on vacation next week, so there may not be a newsletter or recipes. Thank you for understanding!

## Popcorn Garlic

Remove the garlic seeds from the flower head. Sauté garlic seeds in a small amount of hot olive oil (you can also fry them in a dry hot pan) with a little salt until you hear it pop. Sprinkle on salad. Delicious as a topping on salads, casseroles, or any dish where you want a fresh garlicky taste! (Not as flavorful if it's mixed into dishes.)

## Crisp Cucumber Salsa

2 cups finely chopped seeded peeled cucumber  
1/2 cup finely chopped seeded tomato  
1/4 cup chopped red onion  
1 jalapeño pepper, seeded and chopped  
6 tsp minced fresh cilantro  
1 garlic clove, minced or pressed  
1/4 c sour cream  
1-1/2 tsp lemon juice  
1-1/2 tsp lime juice  
1/4 tsp ground cumin  
1/4 tsp seasoned salt  
Tortilla chips

In a small bowl, combine the first seven ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.

Adapted From: <http://pkstaples.blogspot.com/2010/06/crisp-cucumber-salsa.html>

## Quinoa with Swiss Chard, Garlic, and Tomatoes

1 cup quinoa  
 2 tablespoons extra virgin olive oil  
 1 cup chard stems, finely chopped  
 1 shallot, minced  
 2 tomatoes, diced  
 3 cloves garlic, minced  
 2 cups Swiss chard leaves, roughly chopped  
 freshly grated Parmesan cheese

Cook quinoa according to package instructions. Set aside on a serving platter.

In a large saute pan over medium heat, warm the olive oil.

Saute the Swiss chard stems and shallots until soft, about 3-4 minutes. Add the tomatoes and saute until they have lost their firmness.

Add the garlic and Swiss chard leaves and continue to saute until the leaves have softened.

Remove from heat and slide on top of the cooked quinoa and serve with freshly grated Parmesan cheese on top.

*Taken from: <http://myhalalkitchen.com/quinoa-with-swiss-chard-garlic-tomatoes/>*

## Italian Caprese Garlic Bread

1 loaf Italian Bread  
 4 tbsps softened Butter  
 3 cloves Garlic, minced  
 12 oz fresh Mozzarella Cheese, sliced  
 1/2 cup Balsamic Vinegar  
 3 medium Tomatoes, sliced  
 Salt and Pepper, to taste  
 1/3 cup Fresh Basil Leaf, chopped

Preheat oven to 400. Add vinegar to small saucepan bring to a boil. Reduce heat to low and simmer until reduced by half. Remove from heat and allow to cool.

Add minced garlic to butter and mix well.

Cut the loaf of bread in half lengthwise. Butter the cut sides with the garlic butter. Place on a baking sheet with the cut side up. Place the mozzarella cheese slices on top of the bread. Bake for about 12 minutes, until cheese is melted and edges are starting to brown.

Top with the sliced tomatoes. Top tomatoes with chopped basil and salt and pepper to taste. Drizzle with balsamic reduction. Cut into slices and serve..

*Taken From: <http://www.frugalcouponliving.com/2014/01/25/italian-caprese-garlic-bread-recipe-tomatoes-mozzarella-basil/>*

## Zucchini Bites

1 cup zucchini grated  
 1 egg  
 1/4 cup yellow onion diced  
 1/4 cup cheese (cheddar or Parmesan work the best)  
 1/4 cup bread crumbs  
 2 tablespoon fresh parsley, finely chopped  
 Salt and Pepper

Preheat oven to 400F. Spray a mini-muffin tin with non-stick spray, set aside.

Grate the zucchini and then place in a dish towel to squeeze out the excess water- like when using frozen spinach; if you skip this part, the middle of the zucchini tots will be really soggy while the outside gets crispy and no one wants that.

In a bowl combine, the egg, onion, cheese, bread crumbs, zucchini, parsley, salt and pepper.

Using a spoon or a cookie scoop, fill the muffin cups to the top. Bake for 15-18 minutes, or until the top is browned and set. Yields: 12 mini-muffin sized bites

*Taken From: <http://www.myrecipes.com/recipe/ugc/u-zucchini-bites-curious-country-cook/>*