

Week 10
B Week

Volume 4, Issue 10

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**TUESDAY
SHARES**

Kale or Lettuce Mix
Tomato
Beans
Jalapeño Pepper
Cucumber: Regular Green or the Korean Variety is Yellow/ Brown (sweet flavor)
Popcorn Garlic or Garlic
Beets with Edible Greens
Cabbage <u>OR</u> Kohlrabi
A little bit of this: As the first harvests start and the last harvest ends of certain crops, we may not have enough of any one thing to go around, so some goodies may not make this list before they are tucked into your bag!
Herb Bouquet: Basil, Thyme, and Sage

HOPES FOR NEXT WEEK

NO GUARANTEES, BUT WE HOPE TO HAVE CUCUMBERS, TOMATOES, BEANS, AND IN YOUR SHARE NEXT WEEK.

Farmer's Field Notes

Normally, summer squash is super prolific and shares are jammed packed with the stuff. This year, our summer squashes are not going to produce what we need, so in the coming weeks they will be sourced from another farm, Kellner Back Acre Garden (certified organic). Many people are already overrun with zucchini and if you are one of these people, please let me know so we do not purchase zucchini to add to

your share.

There will be no newsletter next week...I am going on V-A-C-A-T-I-O-N!!! This week marks the half-way point for share deliveries and it is at this half-way point when I seem to need a camping/fishing vacation the most! Since I won't have to milk goats, I am hoping to sleep in at least a few times so I can come back well rested enough to finish the growing season

with a bang. Week 11 of the shares will be taken care of our amazing volunteers and by Cynthia, our garden intern. I am leaving the garden in very capable hands, but should something go wrong, please be patient and I will make it up to you when I return. Or if you need to reach me, my number is 555-555-5555. ;)

~ Dayna

Popcorn Garlic

Remove the garlic seeds from the flower head.

Sauté garlic seeds in hot olive oil 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.)

Tomato, Cucumber, Feta Salad

2 cucumbers, peeled and chopped (about 2 cups)	¼ tsp. pepper
1-2 tomatoes, chopped (about 2 cups)	Combine cucumbers, tomatoes, onion, and feta in a large salad bowl.
1 small red onion, chopped	Prepare dressing by combining all ingredients and shaking well.
4 oz. feta cheese	
1/4 c. olive oil	Pour dressing over salad and stir to combine.
1/8 c. red wine vinegar	
1 Tbsp. chopped Thyme and/or Basil	
1 tsp minced garlic	
½ tsp. dijon mustard	
¼ tsp. salt	

We grow a few varieties of beans here. Snap beans are round and plove beans tend to be flat. Beans are good anyway! Add them raw to salads or if you prefer cooked, steam them until crisp tender and vary the seasonings. Try sautéing them or tossing in with the following variations:

Sauté with garlic. Toss with lemon zest.

Toss with warm bacon dressing made with sugar and cider vinegar.

Toss with sherry vinegar, Dijon mustard, and olive oil.

Sauté with bacon. Toss with goat cheese and walnuts.

Green Beans with Tomatoes

1 pound beans, trimmed and cut into 2 inch pieces

1-2 cups chopped tomatoes

1 1/2 cups water

1/4 cup butter

1 tablespoon sugar

3/4 teaspoon garlic salt

1/4 teaspoon pepper

1 1/2 teaspoons chopped fresh basil

Place beans and water in a large saucepan. Cover, and bring to a boil. Set heat to low, and simmer until tender, about 10 minutes. Drain off water, and set aside.

Melt butter in a skillet over medium heat. Stir in sugar, garlic salt, pepper and basil. Add tomatoes, and cook stirring gently just until soft. Pour the tomato mixture over the green beans, and toss gently to blend.

From: <http://allrecipes.com/Recipe/Green-Beans-with-Cherry-Tomatoes/Detail.aspx?evt19=1>

Kohlrabi, Beet, Apple Salad w/ Parsley and Lime

Kohlrabi is a versatile vegetable when it comes to how to prepare. We usually eat them raw—peeled, sliced and added to a salad or used for serving with a dip. You can also steam, boil, bake, grill, or roast them. Just peel away the outside thick skin first. Add them to soups or stews. Grate them and toss with grated carrots or apples.

Boil them and mash them with potatoes or other root vegetables. Stir-fry them with other vegetables, or julienne them and fry them like potatoes. Look for Indian recipes using kohlrabi as they are often used in Indian cuisine.

The leaves are also perfectly edible, and can be cooked up like kale.

Taken From: <http://www.simplyrecipes.com/kohlrabi/#ixzz4GCGVDfK3>

1 medium kohlrabi, peeled and finely shredded
1/2 medium beet, peeled and finely shredded
1 red apple- skin on + finely shredded
handful parsley, chopped
the juice of 1 lime
2 Tbsp. extra virgin olive oil
fine sea salt, to taste

Combine everything in a large bowl, season well with fine sea salt and serve immediately.

Other add-ins that would be nice; toasted pumpkin, sesame or sunflower seeds, crumbled feta, finely chopped chives or spring onion, finely chopped chili, mint leaves, currants, toasted walnuts.

(Feel free to use shredded cabbage, carrots, fennel, or any other summer crisp veggie in place of, or in addition to, the kohlrabi in this salad).

Sweet Cabbage Slaw

1/2 large head green cabbage (about 6 cups coarsely chopped cabbage)
3/4 cup chopped parsley
3/4 cup thinly sliced green onion (or more)
1/4 cup canola oil
1/4 cup white balsamic vinegar or white vinegar
1/2 cup sugar
salt to taste
fresh black pepper to taste

Cut out core from cabbage, then thinly slice and coarsely chop slices until you have about 6 cups chopped cabbage. Wash and coarsely chop parsley, and thinly slice green onions.

In small bowl or glass measuring cup, stir together the canola oil, white balsamic vinegar or white vinegar, sugar or Splenda, salt, and pepper.

Put chopped cabbage, chopped parsley, and sliced green onions into salad bowl and toss to combine. Add just enough dressing to moisten salad, and toss again. (You may not need all the dressing.) Taste to see if you want more salt or pepper, then serve.

This will keep for a day or so in the fridge, although I think it's better freshly made when the cabbage has more crunch.

Source: Unknown

Try Substituting parsley for celery!