

Week 15
A Week

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**TUESDAY
SHARES**

Tomatoes: Lots of delicious heirloom varieties as well as hybrid slicing tomatoes! YUM!

Sweet Peppers: Carmen (long red frying pepper), Green Bell, &/or Red Bell

HOT Peppers:
Jalapeño &/or Hot Chili

Italian Pole Beans

Greens: Swiss Chard OR Kale OR Lettuce OR Spicy Braising Greens

Cabbage or Kohlrabi

Celery

Beets

Garlic

Eggplant OR Ground Cherries OR
Tomatillos

Herb: Cilantro and Basil
Edible Flower: Nasturtium (peppery)

HOPES FOR NEXT WEEK

NO GUARANTEES, BUT WE HOPE TO HAVE TOMATOES, PEPPERS, CARROTS, ETC. IN YOUR SHARE NEXT WEEK.

Farmer's Field Notes

We are 3/4 of the way through with share deliveries. As the weather begins to cool, we are reminded of just how quickly summer slips away! They had a relatively slow start, but the tomatoes and peppers should keep going strong for a few more weeks. The plentiful rains have been great for growing our garden's produce as well as the bugs that live in the garden! The slugs have been challenging this year and I have

to admit, they have won many battles. Tomatoes, peppers, and celery are just a few of the crops they like to eat, so please make sure you are washing your veggies. In home gardens, a shallow container of beer as slug bait usually does the trick, but at The Bridge, we would need A LOT of beer. We do have a ton of toads patrolling the grounds, but they can only eat so many of the slugs. I have had a blast playing in the garden,

even though I realize I am on borrowed time. Mother Nature has been giving us some warnings that it is nearly time to "come in". More lettuce greens have been planted and hopefully, the new carrots will have enough time to grow. We will do our best to keep the garden alive and productive until Mother Nature yells that is time for bed!

~ Dayna

Tuna Melt Stuffed Tomatoes

4 tomatoes (we used medium sized vine ripe kind)
2 pouches premium white tuna
1/2 cup shredded mozzarella
1/4 cup mayonnaise
1 tablespoon dijon mustard
1/2 tsp garlic powder
1/2 tsp onion powder
1 green onion, diced
pinch salt & pepper

Preheat the oven 425

Wash and core the tomatoes. Use a spoon to scoop out the middles.

In a small bowl, mix together the tuna, mayonnaise, mustard and seasonings.

Scoop the tuna into the tomatoes and place in an oven-safe dish.

Drizzle with olive oil, top with shredded cheese and roast for 15 minutes.

Taken from:

BLT Pasta Salad

1 (16 oz.) box elbow macaroni
1 1/2 cups mayonnaise
3/4 cup sour cream
3 tbsp. granulated sugar
2 tbsp. apple cider vinegar
1 1/2 tsp. celery salt
1 1/2 tsp. onion powder
1 1/2 tsp. garlic powder
1/2 tsp. smoked paprika
1/4 tsp. dried dill
freshly ground black pepper
5 green onions, thinly sliced
4 Roma tomatoes, diced
2 cups Romaine lettuce
1/2 pound bacon, cooked and crumbled

Cook the elbow macaroni in salted water per the package instructions. Drain well. While pasta is cooking, prepare the dressing.

In a large mixing bowl, whisk together the mayonnaise, sour cream, sugar, vinegar, celery salt, onion powder, smoked paprika, dill and pepper, to taste.

Chop up the tomatoes, green onions, lettuce and bacon. Add the cooked and drained pasta to the bowl. Stir in green onions and tomatoes. Mix until evenly distributed. Cover with plastic wrap and pop it into the fridge to chill.

Just before serving, add the lettuce and bacon. Mix well and serve. Store chilled.

Recipe from: Melissa's Southern Cookbook: Tried-and-True Family Recipes

Crustless Swiss Chard Tomato Quiche

10 eggs
 1 1/2 cups lactose-free milk
 1 1/2 tsp. salt
 2 tbs. olive oil
 4 cups torn Swiss chard leaves
 4 scallions, chopped finely
 2 cup sliced plum tomatoes
 1/2 tsp. smoked paprika

Preheat the oven to 375 degrees and grease 2 8-inch pie pans.

In a mixing bowl, mix the eggs, milk, and salt on medium speed until well-combined. I use my KitchenAid Stand Mixer rather than mixing by hand because it beats the eggs more evenly.

In a large skillet, heat the olive oil over medium heat and add the Swiss chard. Cover and cook for 2 or 3 minutes, until just beginning to wilt.

Divide the scallions, Swiss chard, and tomatoes evenly between the two pie pans. Pour the egg mixture over the vegetables, dividing it evenly between the two pans.

Bake for 25 to 30 minutes, until the eggs are set.

Let the quiche sit for at least 10 minutes before cutting. Serve warm or at room temperature.

Taken From: <http://realfoodrealdeals.com/crustless-swiss-chard-tomato-quiche/>

Roasted Garlic

1 garlic head
 1 teaspoon of extra virgin olive oil

Preheat the oven to 180C (350F).

Peel most of the outer garlic head wrappers and trim ¼ inch off the top of the garlic head.

Place the garlic head (or heads) on a piece of aluminium foil big, enough to wrap it around the heads.

Drizzle 1 teaspoon of extra virgin olive oil over the exposed tops of the cloves and allow the olive oil to run down to the inner parts of the garlic head.

Wrap the garlic head in the aluminium foil and place it on the baking tray, in the oven (trimmed top up).

Bake for 40 minutes..

Taken from: <http://garlicmatters.com/how-to-roast-garlic-and-stay-healthy-all-year/>

Creamy Beet Hummus with Yogurt

3 medium sized beets, washed and trimmed (about ¾ pounds)
 3-4 garlic cloves
 ½ cup tahini
 1 cup plain yogurt (I used greek nonfat yogurt)
 4 tablespoons fresh lemon juice
 1 teaspoon kosher salt (plus more to taste)
 fresh ground black pepper to taste
 pinch of cayenne pepper
 olive oil for drizzling
 parsley for garnish (optional)
 edible flowers for garnish (optional)

Preheat oven to 375

Wrap beets in aluminum foil (foil should form a pouch around beets and they should be completely covered)

Place foil wrapped beets on a baking sheet and roast for 60-75 minutes, or until tender. Allow beets to cool.

When the beets have cooled, use a paper towel (or your fingers) to remove the skin. You might want to wear an apron, that beet juice will stain everything!

Cut the beets into wedges and add to a food processor with the garlic, tahini, yogurt, lemon juice, salt, and black & cayenne pepper. Process until smooth.

Transfer to a serving bowl and drizzle with olive oil.

Garnish with parsley and edible flowers (optional).

Taken From: <http://www.foxandbriar.com/creamy-beet-hummus-yogurt/>