

Week 6
B Week

Volume 2, Issue 6

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**THURSDAY
SHARES**

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|---------------------------|
| Bib or Loose Leaf Lettuce |
| Swiss Chard |
| Green Beans |
| Baby Beets w/ Greens |
| Summer Squash: Zucchini |
| Cucumbers OR Radishes |
| Garlic Scapes |
| Herb: Basil |

HOPES FOR NEXT WEEK

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

UPCOMING EVENTS

When Your Knight in Shining Armor

Rusts: Wed. July 15th 6-9pm

What do you do when your knight rusts or your Cinderella shoes don't fit anymore? Explore how to get on with your "Happily Ever After".

Farmer's Field Notes

What a blessing the last few days of rain has been!!! Rain is essential to growing and manual irrigation is time consuming. Over the years, I have learned that rain really is the best way to water. I think the plants just thrive with a natural, gentle, and rhythmic rain. As a grower, drought is a serious concern (please don't waste precious water) and even though the rains came, the plants still fet a bit of drought stress. A stressed plant is a vulnerable plant. When you or I feel stressed, we are at a

higher risk for becoming ill. Our immune system is compromised and our bodies don't fight off infection as easily. When a plant is stressed for whatever reason, they are unable to move nutrients from the soil to where they need it. They become more susceptible to disease and insects. Crazy, right?

Dayna

P.S. Newsletter's can now be viewed on our website under Garden>Garden Recipes

Zucchini, Basil, Lemon Pasta

- 1 box Penne Pasta
- salt, for pasta cooking water
- 2 medium zucchinis, cut into half-moon shapes
- 1 T minced fresh garlic (or try using garlic scapes)
- 1 T olive oil
- salt and fresh ground black pepper, for seasoning zucchini
- 1/3 cup Basil, Chopped
- 3 Tbsp Fresh Lemon Juice
- 1/2 cup pasta cooking water

es. (If the zucchini is really large, you might want to cut it into fourths before slicing.) Measure out 2/3 cup basil pesto, and mince enough fresh garlic to make 1 tablespoon.

When water comes to a boil add the pasta, stir, and reduce heat to medium, or high enough to keep the water at a gentle boil. Cook pasta as long as directed on the package, then measure out 1/2 cup pasta cooking water before you drain the pasta. (Don't overcook the pasta).

While pasta is cooking, heat the olive oil in a very large frying pan (big enough to hold all the pasta when it's cooked.) When oil is hot, add the minced garlic, turn heat down to medium, and saute just until you can start to smell garlic, about one minute. Then add the sliced zucchini, season to taste with salt and fresh ground black pepper, and saute until the zucchini is tender-crisp, about 5 minutes. Add the basil and lemon juice to the cooked zucchini and gently stir to combine. Add the drained cooked pasta and gently mix together, adding as much pasta cooking water as you think it needs to get the mixture nicely combined. Serve hot.

Adapted from: <http://www.kalynskitchen.com/2011/09/recipe-for-easy-penne-pasta-with.html>

Fill a large pot with water, add about 2 tsp. salt, and let the water come to a boil. Wash zucchini then cut in half lengthwise and slice into half-moon slic-

Roasted Vegetable Salad with Goat Cheese

Roasting brings out great nuttiness to root veggies...Don't be afraid to add roasted beets or radishes to this delicious salad! Roasted beets and goat cheese (or even blue cheese) are great pairings.

2 carrots, cut into 2-inch matchsticks
 1 medium zucchini, quartered lengthwise and cut into 1-inch chunks
 1 small red onion, cut into wedges, layers separated
 2 tablespoons olive oil
 Coarse salt and ground pepper
 1 tablespoon sherry or balsamic vinegar
 1 small head Boston lettuce, torn into bite-size pieces
 1/4 cup crumbled goat cheese (1 ounce)

Preheat oven or toaster oven to 450 degrees. On a rimmed baking sheet, toss carrots, zucchini, and onion with 1 tablespoon oil; season with salt and pepper.

Roast until vegetables are tender and browned, 20 to 25 minutes, tossing once.

In a serving bowl, whisk together vinegar and remaining tablespoon oil; season with salt and pepper. Add lettuce, and toss. Top with roasted vegetables and goat cheese.

Taken from: <http://www.marthastewart.com/338103/roasted-vegetable-salad-with-goat-cheese#Vegetarian%20Main-Course%20Salad%20Recipes|/360580/vegetarian-main-course-salad-recipes/@center/852566/vegetarian-recipes|338103>

Green Bean Mediterranean Salad

Coarse salt and ground pepper
 8 oz green beans, trimmed & halved
 2 navel oranges
 2 tablespoons olive oil
 2 tablespoons white-wine vinegar
 1 1/2 cups crumbled feta
 1 head lettuce roughly chopped
 1 small red onion, thinly sliced
 1 can (15 oz) white beans, rinsed and drained

In a medium saucepan of boiling salted water, cook green beans until crisp-tender, 4 to 6 minutes. Drain green beans, and rinse with cold water to stop the cooking.

Using a sharp knife, slice off both ends of each orange. Cut off peel, following the curve of the fruit. Halve fruit from top to bottom, and thinly slice each half crosswise.

In a bowl, whisk together oil and vinegar; season with salt and pepper. Add feta, oranges, lettuce, onion, beans, and green beans. Toss to combine.

Taken From: <http://www.marthastewart.com/336939/mediterranean-salad-with-green-beans-and#Vegetarian%20Main-Course%20Salad%20Recipes|/360580/vegetarian-main-course-salad-recipes/@center/852566/vegetarian-recipes|336939>

Grilled Tomato, Mozza, & Basil Swiss Chard Wraps

12 medium to large Swiss chard leaves
 3 medium roma tomatoes
 8 oz fresh mozzarella cheese
 1 small red onion, diced
 1/2 cup basil leaves chopped
 Coarse salt

Wash the Swiss chard leaves and remove the center stalk. Stack the Swiss chard halves and steam in a large pot with a steamer until just wilted, about 1 minute. Remove and let cool. Slice tomatoes into about 1/2 thick. Cut the mozzarella into 12 slices.

Lay the wilted Swiss chard halves on a cutting board and cross over it with a second half. In the center of the Swiss chard cross place one tomato slice, one mozzarella slice, a tablespoon of diced onion, top with a bit of the chopped basil and sprinkle with a little salt. Wrap the Swiss chard around the tomato and cheese center until bundled up tightly. Repeat until all wraps are complete.

Preheat grill and oil the grill so the wraps don't stick. Brush a little olive oil on the outside of the wraps and place on grill. Cook for about 2-3 minutes on each side.

Adapted From: <http://www.thesavagefeast.com/2011/10/grilled-tomato-mozzarella-swiss-chard-wraps-burst-with-flavor/>