

News from the farm: Good news to report. The garden is booming and things are growing much better now that the intensity of the July heat is behind us.

Some of the crops we had planned for CSA never made it to harvest because of the difficult growing conditions we've had. Many of our veggies were triggered to bolt (go to seed) due to the stressful conditions. Since many vegetables grown on the farm are annuals--meaning they complete their life cycle in a single season--enough stress will signal the plant into a life or death decision: better go to seed and create a legacy!

Extreme heat and lack of adequate water can change the soil structure (notice how dry soil feels a lot like concrete?!) which impedes nutrient absorption thru the roots. Stressed out plants send out SOS signals that are mighty attractive to opportunistic insects and diseases. Bottom line is that trouble can compound pretty quickly in less-than-ideal conditions.

As always, we are committed to growing food without the use of chemical warfare. After all, we assimilate a vast majority of the chemical compounds--organic, inorganic, natural, lab simulated-- we eat right down the our cellular structure. On the farm, we choose to accept some crop loss instead of nursing plants along with chemicals. And, while we do have some pretty good tricks up our sleeves to handle plant stress, the weather shift has been a welcome ally.

Here's what's in your box: Romaine lettuce, carrots, sprouting broccoli, wild cherry plums, Lacinato kale, Tropeana Lunga specialty onion, Japanese eggplant, garlic, basil, & Padron peppers

Did you know?

•Tropeana lunga is a popular onion with chefs in the Mediterranean region. Popular when consumed fresh thanks to its very tender sweet bulbs.

•Eggplant is valued for the variety of ways it can be cooked, and Japanese eggplant is even more versatile because it has a much thinner skin and is practically seedless. The sponginess of its fleshy inside drinks in seasonings like soy sauce, miso and ginger.

Quote:

“You are what you eat. So don't be fast, cheap, easy or fake.”

-Unknown

•Recipe for Padrons:

CHEESE STUFFED PADRÓN PEPPERS

Padrón Peppers
Provolone cheese
olive oil
sea salt

Wash and completely dry the peppers. Make a slit in one side of the pepper being careful not to cut all the way through. Depending on the pepper, some will have more seeds than others - you can leave them in or take them out, it really is up to you.

Cut a piece of provolone that is big enough to fit inside the slit and fill the pepper. Press the pepper to seal the slit. Repeat the process until all the peppers are stuffed.

Pour a spoonful of olive oil in a non-stick pan and place over a medium heat. Once the oil has heated, carefully ease in the stuffed peppers, slit side up. It's important the peppers are dry to cut down on the spitting. Give them quarter turns to slightly char the outside and soften the pepper - some of the cheese may melt, that is fine.

Once cooked, remove from the pan and rest briefly on paper towels before placing on a serving dish. Finish off with a sprinkle of sea salt. Enjoy these hot or cold.

•Recipe for Japanese Eggplants (link):

MIA'S WHOLEGRAIN PIZZA WITH ARUGULA, EGGPLANT, & CARMELIZED ONION *note: replace the arugula with the Lacinato kale from your box. Why not add garlic & fresh basil too?!