

Quote:

**News from the farm:** Last week I mentioned our amazing field crew and how I wanted to share their stories. Today, I am pleased to introduce Tyler Harris. She is a graphic designer from the LA area and she's on our farm for the short term by way of [WWOOF USA](#). The acronym stands for Worldwide Opportunities on Organic Farms. It's an online forum that joins member farms with member visitors in order to build an extended farming community and a shared knowledge base. At Osprey Hill, we've interacted with WWOOFers over the past few years and they have been an absolute joy to work with--they add a little bit of spice to our usual work day and we're so glad Tyler has joined us for a few weeks.

Tyler's currently in Washington state while her boyfriend Brandon attends a two week permaculture course in Monroe. They are eager to start the search for property and move to Washington state to begin their own farm. She hopes to be able to use her knowledge of visual design and computer programming to make it as easy as possible for consumers to buy and receive food from their local farmers. Good luck Tyler!

**Here's what's in your box:** golden beets, green head lettuce, fingerling potatoes, garlic, basil, cherry tomatoes, spinach, blueberries, slicing cucumbers, and Jimmy Nardello peppers.

**Did you know?** Jimmy Nardello peppers have a fascinating back story and they're delicious to boot. It is said that seeds of this pepper were given to Seed Savers Exchange in Bancroft, Iowa by Jimmy Nardello whose mother brought the seeds to the U.S. when she immigrated with her husband Guiseppe from the Basilicata region of Italy in 1887. This pepper has been nominated and approved as a [Slow Food Ark of Taste](#) because of its heritage and cultural significance. The Jimmy Nardello is sweet and light when eaten raw. It is considered one of the very best frying peppers as its fruity raw flavor becomes perfectly creamy and soft when fried.

**If you don't build your dream, someone will hire you to help build theirs.**

**-Tony Gaskins**

Recipe:

### CUCUMBER BASIL SALAD

#### INGREDIENTS:

2 cups fresh spinach  
2 tablespoons chopped fresh basil  
1 pint cherry tomatoes, diced  
2 large seedless cucumbers, peeled & minced  
1 large red onion, minced  
3 cloves garlic, minced  
1 teaspoon salt, or to taste  
1 teaspoon cracked black pepper  
2 tablespoons olive oil  
1 tablespoon of balsamic vinegar  
Juice from half a lemon

#### DIRECTIONS:

1. Run spinach and basil through a food processor until finely chopped.
2. Prepare tomatoes, cucumbers, red onion and garlic. In a large bowl, mix vegetables with salt, pepper, spinach, & basil.
3. Wisk together olive oil, balsamic and lemon juice in a small bowl. Once thoroughly mixed, add dressing to the vegetables and stir to combine. Enjoy right away or let the flavors mingle by covering bowl with an air tight lid and refrigerating salad, 8 hours to overnight.

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Or try this drink recipe. I like to substitute the sugar syrup for agave:

### [CUCUMBER BASIL AQUA FRESCA](#)