

Quote:

“Shallots are for babies; onions are for men; garlic is for heroes.” – *Unknown*

Recipe:

NAPA CABBAGE SALAD

Ingredients

- 1/2 cup slivered almonds
- 3 tablespoons vegetable oil
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 1/2 teaspoon sugar
- 1 pound napa cabbage, chopped
- 2 scallions, thinly sliced
- 1/4 cup chopped cilantro
- Freshly ground pepper

Instructions

1. Preheat the oven to 350°. In a pie plate, bake the almonds for 5 minutes. Let cool.
2. In a bowl, mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro and toss. Add the almonds and season with pepper. Toss again and serve.

CILANTRO PESTO

Ingredients

- 1 cup packed fresh cilantro leaves
- 1/2 cup almonds
- 3 large garlic cloves
- 1/4 cup grated parmesan cheese
- 1/4 cup olive oil
- 1/2 teaspoon salt

Directions

1. Combine the cilantro, garlic and almonds in a blender or food processor and puree until smooth. Add the parmesan, oil and salt and puree to a smooth paste. Stir into hot pasta and serve.

News from the farm: Garlic harvest is a big job and it marks the height of summer frenzy. We're happy to say that all of our 2016 garlic crop has finally been harvested and is now beginning the curing process. Once the bulbs are fully dry, we will trim the roots and the tops and store them in a dark, cool building along with a dehumidifier. But before selling the crop, we will sort through all 7 varieties for our largest, most blemish free bulbs and set them aside for fall planting. We're planning to expand our garlic plot next year and we're also eyeing the next location for our 2017 crop. Because of the potential for stifling soil disease, we won't be planting a garlic crop in the same location for 16 years so it takes some planning and advance soil preparation, but if you love garlic like I do then it's worth all the trouble. Keep an eye out for photos on Instagram and Facebook--the garlic makes such a stunning sight!

Here's what's in your box: napa cabbage, scallions, cilantro, garlic, fresh tomatoes, golden wild cherry plums, & salad mix

Did you know? Cilantro is a member of the carrot family and is also referred to as Chinese Parsley and Coriander. The later is actually the name for the seed of the cilantro plant.

The essential oils of the cilantro leaves contain antibacterial properties and can be used as a fungicide. And coriander seeds is considered to have cholesterol lowering properties.

Don't like the stuff? Blame it on your genes. A genetic survey of nearly 30,000 people has given us a definitive answer to the question of love it or leave it: hating cilantro is hard-wired into your genes. Some people have a gene that converts the smell of cilantro into a metallic or soapy taste. Here's hoping that you're in the 'love it' category!