

Quote:

News from the farm: With the summer crops growing and the fall crops planted, we've found a minute to take a breath and reflect on the subsequent season. This year we've been deeply re-thinking distribution and how customers receive the food that we grow. If you're interested in why we changed our CSA model this year, [check out this article from](#) the NY Times. Capital Venture companies (there are a handful of them here in Bellingham) have hijacked the CSA market and pulled the rug from under farms across the nation. From our perspective, we don't have the resources to compete with these companies and it doesn't make financial sense to continue with a program that is costing us money (we pay a monthly subscription for the website and software program that serves as our CSA admin + delivery costs, boxes, labels, bags, etc). At the same time, we love the connection to our customers via CSA and, as a consumer myself, I'm aware that it may be time to dust off the old model. So, if you have a chance to read the article and have a response or ideas please send your thoughts our way: ospreyhillfarm@yahoo.com. Thank you!

“It may be that when we no longer know what to do,
we have come to our real work
and when we no longer know which way to go,
we have begun our real journey.”

The mind that is not baffled is not employed.
The impeded stream is the one that sings.”

Wendell Berry

RECIPE: ZUCCHINI NOODLE SALAD

Ingredients

- 1 1/3 pounds small **zucchini**, about 4
- 1/4 cup extra virgin **olive oil**
- 2 tablespoons freshly squeezed **lemon juice** (I tried lime and it wasn't as good)
- 3/4 teaspoon fine sea **salt**
- 1 teaspoon ground **cumin**
- freshly ground **black pepper**
- a handful of **pumpkin seeds**, toasted
- a few sprigs fresh **basil** sliced or torn
- **cherry tomatoes**, halved

Instructions

1. Trim the zucchini and slice it into noodle-like strips using a mandolin or spiral slicer (even a potato peeler will do).
2. Transfer to a bowl. Add the oil, lemon juice, salt, cumin, and pepper, and use a wooden spoon or tongs to combine all the ingredients, working gently. Taste and adjust the seasoning.
3. Divide among serving plates, lifting bunches of the noodles with the tongs and creating pretty swirls. Top the salad with pumpkin seeds, basil, and halved tomatoes. Serve and enjoy right away.

Here's what's in your box: Carrots, Summer Squash, Fresh Basil, Cherry Tomatoes, Swiss Chard, Rhubarb & Strawberries

Did you know?

◦Rhubarb stalks are a rich source of vitamin K and C and several minerals, and have been used in folk medicine to prevent gum disease and as a cure for constipation.

◦Remember to cut down your rhubarb completely at the end of summer. If you fail to do so, you'll end up with a much smaller harvest next year. Up to 25% less, in fact. Good if you are drowning in rhubarb and don't know what to do with it all – bad if you wish you had more of the sour stalks to spend freely in all of summer's pies, ice creams, chutneys and so on. So treat your rhubarb well, and it'll keep you happy for about 10-15 years.