

News from the farm: Ahhh, high season. Comfortably chaotic and unbelievably unnerving at the same time. This is the time of year when the notion of what *needs* to get done versus what is humanly possible are never considered in the same synapse. We'll save the later thoughts for the winter when we're feeling quite heroic about what we'll accomplish in the heat of next summer!! But, that's all part of the fun of farming--challenging yourself as a person thru the process of growing food. This season marks our 10th year here at our farm--which doesn't seem possible! It's hard to believe that we've been at this for a decade. Over that time, we've learned to cope with unthinkable amounts of stress (tip: don't try to beat the wave, ride it), we've become much better at task management (sure, you can collect the eggs!), and we're pretty adept at finding hair-brained solutions to problems that seemed unsolvable (chickens will eat last year's sprouted potatoes in a pinch and a bungee cord can mend a broken wheel hoe in under 30 seconds). So hurrah! The first 10 years have been an adventure and the next 10 are about to unfold. Thanks for coming along for the ride!

Here's what's in your box:

Green Beans, Summer Squash Medley, Red Beets, Collard Greens, Yellow Wild Cherry Plums, Romaine Lettuce, Cilantro, Red Cabbage, Organic Peaches from our friends at Sunnyslope Ranch in E.WA

Did you know? Scientists have had a hunch for some time that cilantro hating might be partly inherited. (If that's you, I'm sorry.) But now a genetic survey of nearly 30,000 people has given us a definitive answer: it is hard-wired into your genes. Genetics play a part in food preferences, but so do behavior and exposure—so as conclusive as this evidence is, don't assume a cilantro bias isn't also influenced by trauma you suffered from one wrong Taco Tuesday experience.

Quote (perhaps my favorite):

“The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings.”

— Masanobu Fukuoka, *The One-Straw Revolution*

Recipe

GREEN BEAN, RED CABBAGE, & FETA SALAD

- 2 cups trimmed fresh green beans
- 1 shallot finely sliced
- 1 cup of finely sliced red cabbage
- 1/2 teaspoon fresh oregano chopped or 1/2 teaspoon dried oregano
- 1/3 cup chopped cilantro
- 1/2 cup grated feta cheese
- fresh cracked black pepper

Dressing

- 5 tablespoons olive oil
- 2 tablespoons red wine vinegar

Directions

Start by steaming your trimmed and cleaned green beans for 5 min. If you don't have a steamer then shallow boil them for 5 min until they are tender and set aside.

Make the dressing: just combine the olive oil and the red wine vinegar and whisk together.

To assemble put the green bean into a bowl followed by the cabbage, cilantro, shallots, oregano then finish with the grated feta cheese.

Using a spoon add some of the dressing around the edge of the bowl start with a few tablespoons and add to your taste. Mix together gently check for seasoning adding fresh cracked pepper and salt if needed.