

News from the farm: August is dawning and the days are longer and hotter than ever--it's the peak of the summer. In keeping with the season, life is also at its fullest. Things feel fast and furious. We are growing more food on our farm than ever before. The kids are doing more activities that require much more chauffeuring than ever before. We are taking on more projects (and stray animals) than ever before. I hear an adventure novel in this or maybe just a simple question, "When will we learn?"

Ha! Ok, so we like a little chaos and a good old fashioned challenge. Truth be told, life is equal parts crazy and fantastic. The pace is wearing but everyone is happy and healthy. Sure, the bathroom plumbing is in a desperate state but I have no time to worry about that. Instead, I take advantage of a little down time today to spontaneously work on a project with Oliver, our youngest. We decide to put together the brand new egg washing machine that Geoff previously decided would have to wait until we cleaned up our other projects. (hehe!! such rebellion)

Oli loves to build and solve. So do I. He begs me to let him figure it out without looking at the directions. I oblige and we get to work. 30 minutes later we have one complete egg washing machine hooked up to hot water. It's an egg cleaning frenzy. Soon enough everyone on the farm is gathered around to behold this miracle and take their turn. Oh sweet, sweet egg washer. You have made our day. Such welcomed distractions and simple pleasures. You should know that currently, Geoff is washing eggs and enjoying a cold beer. Cheers! Sweet success.

Here's what's in your box: Rainbow Carrots, Green Beans, Heirloom Slicing Tomatoes, Bunched Basil, Braising Mix, Plums, Peppers, Sunnyslope Ranch Organic Stone Fruit (peaches & nectarines), and Garlic

Did you know? Green vegetables, when cooked for seven minutes or longer, or exposed to acid like lemon juice or vinegar, will turn a drab olive color. That's why if you want green veggies to stay green, cook them 6 minutes or less, and then plunge them into ice water to stop the cooking. If you add vinegar, do so after you've coated the veggies with oil.

Quote:

"When the mathematician would solve a difficult problem, he first frees the equation of all encumbrances, and reduces it to its simplest terms. So simplify the problem of life, distinguish the necessary and the real. Probe the earth to see where your main roots run."
--Henry David Thoreau--

Recipe: Green Bean Salad with Basil, Balsamic, and Parmesan Recipe

- Prep time: 10 minutes
- Cook time: 15 minutes
- Yield: Serves 6.

Ingredients

- 1 1/2 pounds trimmed green beans, cut to 2 to 3 inch long pieces
- Salt
- 1/2 cup finely chopped red onion (or shallots)
- 2 Tbsp balsamic vinegar
- 4 Tbsp olive oil
- 3/4 cup chopped fresh basil leaves
- 3/4 cup freshly grated Parmesan cheese (about 1 1/2 ounces)
- Freshly ground black pepper

Method

1 Place the chopped onions in a small bowl of water. This will help take the edge off the onions. Let sit while you prepare the rest of the salad.

2 Bring a large pot of salted water to a boil (2 Tbsp salt for 2 quarts of water). Add the green beans to the water and blanch only for about 2 minutes or so, until the beans are just barely cooked through, but still crisp. Fresh young beans should cook quickly. Older, tougher beans may take longer. While the beans are cooking, prepare a large bowl of ice water. When the beans are ready, use a slotted spoon to remove them from the boiling water to the ice water to stop the cooking. Drain the green beans and the red onions.

3 Place the green beans, red onion, and chopped basil in a large bowl. Sprinkle in the olive oil, toss to coat. Sprinkle in the balsamic and Parmesan cheese. Toss to combine. Season to taste with salt and freshly ground black pepper.

Chill until ready to serve. And for dessert? Try this:

[Plum & Peach Crisp](#)