

News from the farm: Welcome to the B Session of our CSA program! The summer is in full force and there is more produce coming out of our fields than ever before. I feel very fortunate to have a virtual pantry in my backyard and I know this isn't the case for most people. I get accustomed to walking outside and picking what I need for dinner. Inspiration often strikes after the sun goes down, so I put on my trusty headlamp and head out into the field. One of such evenings, I had two thoughts on my mind: 1) dinner and 2) you all. It dawned on me that I have never been a CSA customer before and I had no idea what it was like to receive a mystery box of produce each week. I wanted to have a better idea of what you were experiencing so I decided to sign up.

It's been a great learning experience and a lot of fun. I've noticed that the volume of produce in my fridge ebbs and flows. Sometimes there's a big pile up because I've decided not to cook much that week and then other times it clears right out. Good thing for those hardy veggies that have a long storage life! The other thing I notice is that I am eating a wider range of veggies than I would otherwise because it's already harvested and in my fridge! What it all comes down to is that I'm interested in your point of view: what works, what would work better? Feel free to drop me a line anytime. I'd love to hear from you. Enjoy!

Here's what's in your box:

Red French Fingerling, Green Zucchini, Yellow Wax Beans, Blueberries, Bunched Mint, Slicing Cucumbers, Leeks, Broccoli, Goose plums, Red Leaf Lettuce

Did you know? A whole cup of chopped yellow wax beans contains just 31 calories? And each serving provides you with a whopping 3.4 grams of dietary fiber which helps regulate your blood sugar levels. Use yellow wax beans in hearty salads--combine them with kidney beans, chickpeas, minced onion and a balsamic vinaigrette for healthy three-bean salad, or roast them with summer squash & tomatoes for a quick side dish.

Quote:

Care less for your harvest than for how it is shared and your life will have meaning and your heart will have peace.

-Kent Nerburn-

Recipe: Zucchini Mint Salata Fresca

This shaved zucchini salad includes plenty of mint and lemon, along with a drizzle of olive oil.

Prep Time: 15 minutes

Total Time: 15 minutes

Yield: Makes 6 to 8 servings

Ingredients:

- 4 small or 3 medium zucchinis
- 3 to 4 sprigs of mint
- 1 lemon
- About 2 Tbsp. extra virgin olive oil
- Salt to taste

Preparation:

1. Clean zucchinis and pat them dry. Trim and slice and thinly and evenly as possible (a mandolin is handy here, but a sharp knife and a steady hand work just as well). Layer zucchini slices onto a serving platter.
2. Take mint leaves off their stems and stack in a layer. Roll the leaves lengthwise and cut into thin ribbons (technical term for this is chiffonade--throw it out lightly in conversation and impress your friends). Set aside.
3. Use a microplate or zester to zest the lemon over the zucchini. Once you have most of the zest off the lemon, cut the lemon in half and squeeze the juice over the zucchini.
4. Drizzle zucchini with olive oil and sprinkle with salt to taste. Top the entire salad with the mint.