



SUNSHINE IN A BOX



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The Garlic Festival was a huge success and I am getting back on top of the garden after having less time to tend it last week. It was nice to have the opportunity to catch up with friends from the Sustainable Farming Association and compare notes on this challenging growing season. Despite the many things that are going quite well, some of the main complaints from fellow farmers was the late start, a moist spring that made it difficult to get into the fields, rain that has made the weeds spring up in abundance, and challenges with germination of direct seeded crops, especially those who prefer cooler temps like carrots.

The garden is in transition from summer to fall. Some fall crops are struggling with the warm temperatures but the healthy soil helps keep crops hydrated between watering. Field tomatoes are beginning to ripen and I am optimistic that I will soon be bringing in bountiful tomatoes.

The three sisters' garden I planted this spring is absolutely beautiful. Pole beans are

beginning to fruit, and with any luck the butternut squash will catch up.



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Week 9 Produce

Watermelon: A hydrating summer treat. These melons are from a friend who has been growing melons for over 30 years!

Cucumbers: The consensus among farmers this year is that it has been a good cucumber year. Hopefully the plants will continue to keep producing into the fall.

Zucchini: After getting a little behind on picking, there are more zucchini bread size squash available. Use small squash for grilling and sauteeing and large size for baked goods.

Sweet Onion: This season has been challenging for onions but these Alisa Craig have been a reliable variety in the past. Sweet onions are a hallmark of summer (these are similar to a walla walla or vidalia onion) and do not have a long storage potential.

Swiss Chard: The spinach of summer. Smaller leaves are still tender and flavorful. Sautee along with summer vegetables.

Tomatoes: Tomato season is just getting started. This week was the first picking of field tomatoes and the weather so far has been ideal.

Beets: (full shares) Try steaming before trimming. Skins will peel off easily after cooling. Trim ends and use warm or cold.

Recipes

Chocolate Zucchini Cake

½ cup soft butter

½ cup oil

1 ¾ cup sugar

1 tsp vanilla

2 eggs

½ cup buttermilk

½ cup cocoa

½ tsp. baking powder

1 tsp soda

1 tsp salt

2 ½ cup flour

2 cup coarsely grated zucchini

½ cup chocolate chips

½ cup chopped nuts

Cream butter, oil and sugar; blend in vanilla, eggs, and buttermilk. Stir in dry ingredients and zucchini. Pour into a greased and floured 9x13" baking pan. Top with chocolate chips and nuts. Bake in a 325 degree oven until tests done with wooden pick (about 50 minutes). Serves 15-18 (Drewelow, 1991)

Bibliography

Drewelow, P. M. (1991). *Zucchini: 101 Delicious Recipes for cooking and preparing Zucchini*. Zimmerman, MN: PMD Universal Distributor, Inc.