



Issue 6 Volume 4
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SUNSHINE IN A BOX

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Farm Updates

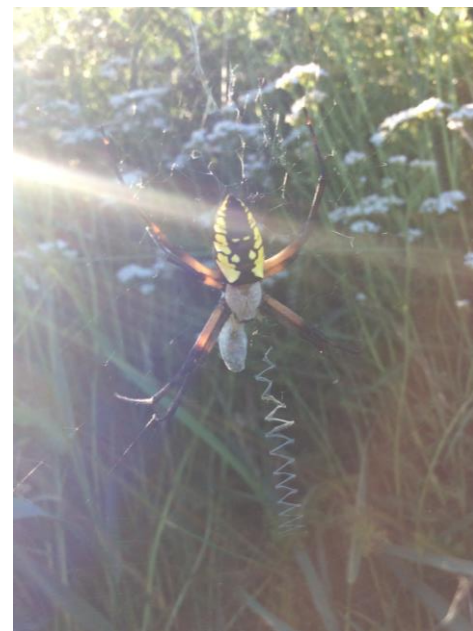
This week is what we wait for all winter long! It has been so enjoyable working on the farm during the height of the season. Most crops are looking good and we are enjoying the bounty of summer squash, beans and cucumbers now. Tomatoes are slowly coming along, and should become more consistent soon. Direct seeded crops like beets and carrots took a hit during the hot dry month of May but after several attempts to germinate more, they should be making appearances coming up and later this fall. Weeds have been slowing down with this short dry spell giving me a chance to keep up on harvesting. More fall crops will be going in the ground this weekend. Dexter the farm dog has been protecting the crops from rodent damage. More pollinators and beneficial insects are making their way to the gardens, along with a large toad that lives in the summer squash. While produce is washed once and sometimes double washed, please wash at home before preparing

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Week 6 Produce

Bountiful crops are coming out of the fields daily now Page 2



Week 6 Produce

Cabbage: Will store for several weeks—remove outer leaves as needed. Try chopping cabbage for the week to have prepped for a variety of meals—easily add to stir fry, slaw and salads as needed.

Cucumber: It is shaping up to be a nice year for cucurbits (the vegetable family including cucumbers and squash). Preserve the harvest by making pickles—see a quick recipe below. A cucumber salad raw tossed with salt, pepper, vinegar and sugar is a nutritious and hydrating side dish for any meal. Of course cucumbers make a delicious fresh snack eaten plain.

Zucchini: It seems like almost any recipe can be adapted to use zucchini. Quick breads, cookies, pancakes, and egg bakes can please a crowd. Or try making zucchini noodles (a peeler can be used if you don't have a specialized device—stack and thin slice into noodle shape). Or, grate zucchini and freeze for use later.

Parsley: Chop up and sprinkle on food! It will add nutrition and flavor. I like to pair parsley with cucumbers and beans. Also goes well with cheese, red meat, or fish.

Sweet Potato: Either roast whole with skin on wrapped in foil covered in olive oil, or peel and cut into french fry shape and bake in the oven. Oven temperature should be 375-400 degrees for roasting.

Arugula: This peppery fresh salad green is a perfect companion plant to the second succession of zucchini plants. Flavor pairs well with olive oil, lemon, pungent cheeses, and walnuts. Sprinkle on top of a pizza or add to pasta at the very end. Add to a sandwich or wraps.

Broccoli: Steam and top with butter and salt and pepper.

Beans: Trim ends and cut into pieces. Steam in a sautee pan with $\frac{1}{4}$ inch of water. Once water has evaporated, add olive oil or butter and thin slices of zucchini. Sautee until tender-crisp. Season with salt, pepper, and herbs like parsley and basil.

Tomatoes: (Full Shares) first of the heirloom tomatoes—more to come soon.

Recipes

Quick Pickled Vegetables

$\frac{1}{2}$ cup unseasoned rice vinegar
1 Tbsp. sugar
2 tsp. kosher salt
1 cup thinly sliced vegetables (such as carrot, red onion, and/or cucumber)

Whisk vinegar, sugar, and salt in a small bowl until sugar and salt are dissolved. Add vegetables and let sit, squeezing gently with your hands occasionally to help them pickle more quickly, 10 minutes.

Do Ahead: Vegetables can be pickled 3 days ahead. Cover and chill. (Baz, 2018)

References

Baz, M. (2018, March). *bon appetit*. Retrieved from bonappetit.com: <https://www.bonappetit.com/recipe/quick-pickled-vegetables>