



Week 8 of 25, July 10th & July 13th distributions



LEEK'S SWISS CHARD

GREEN BEANS



HIGHLIGHTED
VEGETABLE
OF THE WEEK

What's in your share?

Full, Partial & Single Shares



Cucumbers (Tasty Jade... my favorite variety! The skins aren't bitter so no need to peel them)

Green Beans

Lettuce (summer varieties are crunchy & sweet)

Pearl Drop Onions (these are sweet & delicious eaten raw or lightly sauteed and added to any dish)

Summer Squash (multiple varieties)

Zucchini (multiple varieties)

Full & Partial Shares

Swiss Chard OR Kale (This means you get to **choose** at your pick up site which you would like, so come early if you prefer one over the other)

Please remember to return your box every week when you pick up your next share



QUICK TIPS for your CSA share... Part 2

(brought to you by CSA CORE group member Anna Valiavska)

Last week I gave you two "first steps" to using your CSA share. This week I want to encourage you to start thinking about using each week's share (collection of veggies) in simple dishes, rather than trying to incorporate one or two veggies into a specific recipe.

- Incorporate veggies in to your existing recipes (aka: "whatever is in your fridge Frittata"). A Frittata may be the easiest dish of

the summer. Just sauté 3 cups of whatever veggies you have in butter or olive oil, add 6 eggs, gently scramble and sprinkle with herbs and cheese.

- Another great way to use the variety of veggies in your share is to saute any number of them together and serve over pasta. Almost any combination of a leafy green, onion of some sort, garlic & herbs goes great over pasta!
- Supplement from farmers market, your own garden, your favorite grocery store.
- Having a CSA share is a fabulous addition to my household's foray into eating healthy, local, organic food!!!

Farm Happenings



The Veggie Gods

A little over a week ago I was starting to fret about the mid-season slump that always happens (usually mid-June but later this year as most everything is late because of the spring). This mid-season slump is the period of time when the spring veggies have come to an end and the summer veggies haven't quite caught up. One of my constant worries is whether or not the weekly share will be "big" enough. Over the last few years I've had to tame down the over abundance of veggies because I was hearing from so many members that they just couldn't eat all that was in their box. Last week's share was on the slim side and I wasn't super happy about it. Despite my constant planning and our seeding and planting it seems like the veggie gods are going to plague me with a slump. I was even more worried about this week until I went for my daily early evening jaunt around the farm and found the green beans loaded with ready to harvest fruit! After Katie's and my joint harvesting effort on Sat. evening and Sunday (a total of 7 hours) I'm still not finished. If you haven't experienced harvesting green beans than you don't know that they are extremely time consuming and require being constantly stooped over to pick. Luckily the next ripe fruit will be ready in a few days and they'll be some CSA members here to help with the harvest task. Anyways, I'm just thankful that the veggie gods were smiling down on me and this week's CSA share will be full of abundant veggie goodness!

Cheers, Farmer Liz

Did You Know?

Farm Intern, Hayley Weinholdt's ["Adventures In Organic Farming"](#) Blog



Hayley has many talents! It turns out writing and photography are in the mix. Check out her blog for a real "taste" of the day to day life on our/your HHF farm.

VEGGIE RECIPE OF THE WEEK

Green Beans w/ Coriander & Garlic

Ingredients:

- 2 pounds tender young green beans, washed and tipped
- 3 quarts boiling water plus 1 1/2 teaspoons salt
- 2 large garlic cloves, peeled and minced
- 2/3 cup coarsely chopped fresh coriander (the dried won't do)
- 5 to 6 tablespoons olive oil
- 1 tablespoon lemon juice
- 3 to 4 tablespoons cider vinegar
- 1/4 teaspoon freshly ground black pepper (about)

Directions:

Cook the beans in the boiling salted water in a large covered saucepan over moderate heat 10 to 12 minutes until tender. Meanwhile, place the garlic and coriander in a large heat-proof bowl. As

soon as the beans are done, drain well, return to moderate heat, and shake the pan 30 to 40 seconds to drive off all excess moisture. Dump the hot beans on top of the garlic and coriander and let stand 10 minutes. Add 5 tablespoons of the olive oil and toss well to mix; cover and marinate in the refrigerator 3 to 4 hours or, better yet, overnight.

About 45 minutes before serving, bring the beans from the refrigerator and let stand, still covered, on the counter. Just before serving, add the lemon juice, 3 tablespoons of the vinegar, and the pepper. Toss well, taste, and add more vinegar, olive oil, salt, and pepper, if needed.

