

## IN THE SHARE

- Green Onions
- Kohlrabi
- Garlic Scapes
- Turnips
- Beets
- Carrots

### Choice

- Cooking Greens
- Hot Peppers

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Thyme, Cilantro, Coriander, Mint Oregano, Lavender, Dill, Bee Balm,

ORANGE: Chamomile, Basil, Cosmos, Zinnias, Nigella, Bachelor Buttons, Bee Balm

PINK: Parsley, Salvia, Calendula

YELLOW: Sage, Lemon Balm, Winter Savory, Yarrow, Rudbeckia

## Welcome to the Summer Season!

Thank you for joining us for this 9-week summer season. Here are a few reminders for a successful 1<sup>st</sup> pick up:

- Bring a box, basket, or bag for your produce. We recommend a box especially for summer produce
- Please wear a mask on the farm at all times
- No more than 2 people per share in the PYO, only 1 person per share in the barn
- To reduce crowding please limit your time on the farm to 30 minutes.

## Farm Notes

The squash, chard, and tomatoes are continuing to recover from our late June hailstorm. The 6-minute hailstorm did a lot of damage to the young summer crops that were just starting to produce. These crops are still coming, just with a bit of delay. This week's share looks more like a spring share for that reason. We predict that the summer crops (cucumbers, squash, and tomatoes) have been set back about two weeks.

To help us fill in this week's share we received a donation of large zucchini from House in the Wood's Farm, a certified organic farm in Adamstown, MD. They also donated cucumber transplants to replace our hail-damaged plants. We are incredibly appreciative of our community of small farms supporting one another so we all can thrive.

## In the PYO: A Beautiful Bouquet



The flowers are just beginning to hit their stride. We want to ensure there are enough flowers for everybody. Not sure how to pick the appropriate size bouquet? Try this formula:

1. Start with 2-3 feature flowers, colorful and showy: Zinnia, Rudbeckia, Sunflower
2. Add in 5-6 small head flowers: Salvia, Bee balm, Gomphrena, Pincushion
3. Round out the bouquet with a few filler flowers or greens: Nigella, Parsley, Dill, Cosmos, Bachelor Buttons, Yarrow.

## Zucchini Carpaccio Veg, GF

A call back to a recipe from last season for all of us who are reluctant to turn on an oven this week. Stay cool!

- 1 pound **zucchini**
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- Salt and Pepper
- 6-8 **basil leaves**
- ¼ cup shredded parmesan cheese
- ¼ cup pine nuts or walnuts (optional)



1. Cut the zucchini into thin slices. For rounds use a mandolin to make 1/16" slices. For long strips use a vegetable peeler to create thin strips. Place zucchini in a bowl.
2. Finely chop basil and add to the zucchini along with the olive oil, lemon juice, and salt and pepper to taste. Toss gently
3. Spread onto a serving plate and sprinkle the cheese and optional nuts on top.

## Lemon Balm, Mint and Ginger Ice Tea GF, Veg, DF

Keep cool with this easy iced tisane full of naturally cooling ingredients.



- 1 handful fresh lemon balm leaves
- 1 handful fresh mint leaves
- 1 knob of ginger, a 2-3 inch piece
- 1.5 liter (6 cups) water boiled
- 1 lemon
- 3 tablespoons honey/ agave or maple syrup (optional)
- 1 cup ice cubes
- Some fresh lemon balm leaves for garnish

Gently rinse lemon balm and mint leaves. Peel ginger root and finely chop it. Place minced ginger root, rinsed leaves, and honey in a heat proof bowl or tea pot and pour boiled water on top. Cover and let steep for 1 hour. Once the tea has cooled, put it in the fridge and let chill for at least 2 hours or overnight. 30 minutes before serving, transfer the tea to a glass container or serving pitcher, leaving ginger root and lemon balm leaves that have settled at the bottom of the tea

pot behind. Add fresh lemon balm leaves and thinly sliced lemon. Let steep once again for about 20 minutes. Add ice cubes and serve.

Don't compost the lemon, mint, and ginger yet. You can use the used lemon balm, mint, and ginger left behind up to 3 times. So boil some more water and make another batch.