

## IN THE SHARE

- New Potatoes
- Green Garlic
- Summer Squash
- Cucumber
- Carrots
- Chard

## CHOICE

- Red or Golden Beets

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Thyme, Mint, Oregano, Lavender, Chives

ORANGE: Cosmos, Zinnias, Nigella, Bachelor Buttons, Basil, Marigolds, Pincushion

PINK: Parsley, Salvia, Calendula, Italian Basil, Lemon Basil, Thai Basil, Gomphrena, Ageratum, Statice

YELLOW: Sage, Lemon Balm, Winter Savory, Yarrow

## Farm Notes



We kicked off the week with the first potato harvest of the season! After waiting for the 1<sup>st</sup> two rows of potato plants to die, we used the new tractor-pulled potato digger to uproot the spuds. Next, we went in by hand to harvest and search for any hiding potatoes. These **Dark-Red Norland** potatoes are red skinned with white flesh and are great for boiling or roasting.



There is another factor that makes this first harvest special. Typically, potatoes are cured for around two weeks. During that time, the skin toughens, and sugars turn to starch. We will be distributing our potatoes as **new potatoes** this week. New potatoes still have a tender skin and a sweeter taste than storage potatoes. They don't need to be refrigerated, but they should be used within a week. Most potato connoisseurs recommend enjoying new potatoes as simply as possible to take advantage of their fresh flavor. Consider steaming your new potatoes and topping with a pat of butter and a few fresh chives.

### In the PYO: Leaf Fennel

We're growing the herb variety of fennel, which grows as a thick bed of feathery leaves, but does not produce a bulb. Leaf fennel has a flavor of anise crossed with dill and can be used in a variety of ways. Add to salad dressings, make a pesto, or sprinkle on top of roasted vegetables. Use fennel to add a Mediterranean twist to old favorites like egg, potato, or chicken salad. To store, wrap leaves in a damp paper towel, and place in a perforated plastic bag for up to 3 days.



Fennel has been used traditionally to aid digestion. Consider picking some mint and brewing an after-dinner tea. To 4 cups of boiling water, add 10 chopped mint leaves and a handful of fennel fronds, then steep for 20 minutes.

Above: The fennel on the right hasn't gone bad. We're growing both green fennel and the bronze-leaf varieties of fennel.

### Marinated Zucchini Veg, GF

Thank you, Tamera, a CSA member, for adapting this recipe from Cook's Country magazine to our Red Wiggler veggies. Serves 4 to 6

- 5 tablespoon extra-virgin olive oil, divided
- 3 tablespoon thinly sliced shallot or onion
- 1 1/2 tablespoon lemon juice
- 1 1/2 teaspoon table salt
- 1 teaspoon chopped fresh **thyme**
- 1 **garlic** clove, minced (*or one garlic scape, chopped finely*)
- 1/8 teaspoon red pepper flakes
- 1 1/2 pounds **zucchini**, trimmed and halved lengthwise
- 1 1/2 oz Parmesan cheese, shaved with vegetable peeler (about 2/3 cup)

1. Combine 4 tablespoons oil, shallot, lemon juice, salt, thyme, garlic, and pepper flakes in medium bowl.
2. Pat zucchini dry with paper towels. Heat remaining 1 tablespoon of oil in 12-inch nonstick skillet over medium heat until shimmering. Add half the zucchini to skillet cut side down and cook until browned, about 3 minutes. Flip and cook until skin side is spotty brown, about 3 minutes. Transfer to large plate. Repeat with remaining zucchini. Let cool for 5 minutes.
3. Slice zucchini crosswise 1/4 inch thick. Transfer zucchini to bowl with oil mixture, and toss to evenly coat. Marinate for at least 1 hour or up to 24 hours. (If marinating longer than an hour, cover with plastic wrap and refrigerate. Let sit at room temperature for 1 hour before serving.)
4. Season zucchini with salt to taste. Transfer zucchini to shallow platter and sprinkle with Parmesan. Serve.



### Basil Ice Cream Veg, GF

From Wine & Glue. Take advantage of this peak week of basil. No ice cream maker required.

- 1 cup sugar
- 1 cup water
- 1 cup fresh basil leaves, chopped
- 1 tub whipped topping
- 1 14 oz can sweetened condensed milk

First, prepare a basil simple syrup. Combine the water and sugar and bring to a low boil while constantly stirring. Once the sugar is completely dissolved, remove the pan from the heat and add the basil leaves. Allow syrup to cool. Optional: strain out leaves if you wish.

Combine 1 cup of cooled basil simple syrup with the whipped topping and sweetened condensed milk. Freeze overnight and serve with berries.

