

IN THE SHARE

- Potatoes
- Green Garlic
- Summer Squash
- Cucumber
- Chard
- Cherry Tomatoes

CHOICE

- Carrots or Beets
- Hot Peppers
- Okra, Sweet Peppers, Tomatoes, or Eggplant,

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Lavender, Chives, Russian Sage

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, Rudbeckia

Farm Notes

Summer means harvesting nightshades 5 days a week. The nightshade family of vegetables includes tomatoes, peppers, eggplants and white potatoes. While being distinct in shape, structure, and taste, these vegetables have many diseases and pests in common. This season, the tomatoes, peppers, and eggplants are coming in slowly. They are producing enough each day to require a harvest, but still in lower quantities. We are encouraged to see the yield going up each day, and are optimistic that we will see bigger yields soon. Until then, we're giving you a choice of picking your favorite, trying something new, or being surprised until we can get everyone taste of all three.



We talk a lot about the process of growing garlic. However, once you're ready to cook, how do you get the most nutrition? This winter we passed around the book *Eating on the Wild Side* by Jo Robinson, and picked up all kinds of cool tips. This garlic tip was a favorite. "You can cook garlic and reap all of its benefits if you make a simple change to the way you prepare it. Chop, mince, slice, or [press] the garlic and then keep it away from the heat for ten minutes." This allows the two active (but isolated) compounds in the garlic to combine to make allicin. Allicin is the phytochemical in garlic that gives it such a strong odor and a myriad of health benefits. So when it comes to garlic, remember the motto *give it a rest*.

In the PYO: Long Lasting Flowers

There are flowers that keep for a day, flowers that keep for a week, and then some flowers that seem to never quit. Statice, gomphrena, and Russian sage are 3 abundant bouquet fillers that last for weeks. Statice and gomphrena can also be dried easily upside down, retaining their structure and color for months. Find them in the red and pink PYO gardens.



Statice



Gomphrena



Russian Sage

Zucchini Gazpacho Veg, GF

This bright green, refreshing, chilled soup is a delicious alternative gazpacho for a hot summer afternoon.

3 cups chopped unpeeled **zucchini**

2 cups chopped unpeeled **cucumber**

1 bunch **chives**, roughly chopped

1/2 cup **basil** leaves

1/2 cup olive oil

1/2 cup ice cubes

1/2 cup sour cream, Greek yogurt

* Vegan option: use 1/2 an avocado with a squeeze of lemon juice instead of yogurt or sour cream

Big pinch of salt

Pepper to taste

Put all ingredients into a blender. Puree until smooth, adding extra ice cubes if you like the soup a little thinner and colder. Season to taste. Pour into bowls and garnish with a few small basil leaves and a drizzle of olive oil.

Herb Potato Salad Veg, GF, DF

Adapted from Inspiredtaste.net

1 pound small potatoes

1 teaspoon Dijon mustard

1 teaspoon finely grated lemon zest

1 tablespoon fresh lemon juice

1 1/2 tablespoons red wine vinegar or champagne vinegar

4 tablespoons extra virgin olive oil

1/4 cup chopped chives

1/4 cup chopped fresh parsley

1 tablespoons chopped fresh mint

Salt and freshly ground black pepper, to taste



Add the potatoes to a large stockpot and cover with water by 2 inches. Add 1 tablespoon of salt to the water, and then bring to a boil. Reduce to a simmer and cook until the potatoes are fork tender, 15 to 20 minutes. Drain then set aside to cool. When the potatoes are cool enough to handle, cut them into bite-sized chunks or slice into thin rounds. Add to a large salad bowl.

Whisk the mustard, lemon zest, lemon juice, vinegar, and olive oil together until creamy and emulsified. Season to taste with salt and pepper. Pour the dressing over the potatoes and toss. Set the potatoes aside for five minutes to absorb the dressing.

Add the fresh herbs. Toss gently, but thoroughly. Serve warm or cover and refrigerate, and then serve the salad cold.