

IN THE SHARE

- Potatoes
- Garlic
- Summer Squash
- Cucumber
- Cherry Tomatoes
- Sweet Potato Greens
- Hot Peppers

CHOICE

- 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, Sunflowers

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

Farm Notes

Leafy green vegetables in the summer time look a lot different than the kales, collards, and cabbages of the spring and fall. Most of our favorite green leafy vegetables take the long hot days as a cue to flower and make seeds. They become strong, bitter and tough. However, there is good news. At the moment the summer greens start to slow down our sweet potato fields start to produce enough leaves to harvest and enjoy.

Sweet potato greens are commonly used in many West African, Asian, and Pacific Island countries. In Liberia leaves are stripped off the vine, finely chopped, then sautéed with onion, tomato, and hot peppers for a delicious stew served with rice. These greens, high in vitamins A and K, also pair well with ginger and a few drops of sesame oil. The heat of summer does not mean we have to say goodbye to our leafy greens.



Thank You Cover Crops!

Organic farming is focused on maintaining the health of the soil. To keep our soil healthy, we first have to keep it in one place. During heavy rainfall topsoil loss can be especially dramatic for sloped fields. This week our cover crops, buckwheat and Sudan grass, are protecting our soil. The leaves provide a canopy to lessen the impact of raindrops, while the roots hold soil in place and create passageways for water to infiltrate the soil instead of running off. While we attempt to stay dry, we appreciate our cover crops putting in the work to keep us growing.

In the PYO: Sunflowers

The sunflowers are starting to bloom, and there are just enough for **1 per customer**. Sunflowers bring a smile to many faces, both in the field and in the home. However, they can be tricky to preserve in an arrangement. They can go from wide open to falling apart very quickly. The keys to keeping sunflowers happy in a vase are water, angle, and timing.

Sunflowers love water. If you have sunflowers growing at home, water them thoroughly a few hours or the evening before cutting. When picking, place them immediately in water, and change water daily to keep bacteria low. Cut the stem at an angle. This will provide more surface area to absorb water. A flat cut resting against the bottom of the vase will limit water intake. Finally, pick sunflowers before they are fully open, as soon as the petals begin to unfurl. The flowers will continue to open in water.



This sunflower is just starting to open, which means it's ideal for picking.

Sweet Potato Greens in Coconut Cream Veg, GF, DF

Adapted from from Loveandoliveoil.com

- 1 bunch **sweet potato greens**
- 1 tablespoon vegetable oil
- ¼ cup white or yellow onion, minced
- 1 clove **garlic**, minced
- 1 teaspoon minced fresh ginger root (from a 1/2-inch piece)
- 2 teaspoons grated fresh turmeric root, or 1 teaspoon ground turmeric
- 1 **hot pepper**, finely sliced
- 2-inch lemon grass stalk, trimmed and finely sliced, or 1 tablespoon lemon zest
- 1 to 2 teaspoons soy sauce, or to taste
- 1 cup coconut cream plus 1 cup water (or substitute 2 cups light or regular coconut milk)
- 2 to 3 teaspoons raw or brown sugar, or to taste



Bring a large pot of water to a rolling boil. Trim off any thick stems from greens. Add to boiling water and blanch for 60 seconds, then immediately transfer greens to a bowl filled with ice water to stop the cooking. Drain.

Heat oil in a large pan or wok over medium heat. Add shallots, garlic, ginger, turmeric, chili, and lemongrass and stir until fragrant, 1 to 2 minutes. Stir in soy sauce.

Add coconut cream and water (or coconut milk) and bring to a simmer. Add blanched greens and return to a boil; reduce heat to low and simmer for 2 minutes. Add sugar and season with salt and pepper to taste. Spoon into bowls and serve with rice.

Basic Bruschetta Veg, GF, DF

On baguette, on crackers, or by the spoonful, this simple classic is a quick summer staple everyone should know. This version is from delish.com

- 4 tbsp. extra-virgin olive oil
- 2 cloves **garlic**, thinly sliced
- 3 cups of diced red, heirloom, and/or cherry **tomatoes**
- 1/4 c. thinly sliced **basil**
- 2 tbsp. balsamic vinegar
- 1 tsp. kosher salt
- Pinch of crushed red pepper flakes

In a medium skillet over medium-low heat, heat oil. Add garlic and cook until lightly golden, 2 to 4 minutes, then remove from heat and let cool.



In a large bowl, toss together tomatoes, basil, vinegar, salt, and red pepper flakes. Add garlic and oil from skillet and toss to combine. Let marinate for at least 30 minutes