

IN THE SHARE

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

CHOICE

- Okra, Sweet Peppers, Tomatoes, or Eggplant,
- Cooking Greens

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. It is this knowledge of how summer greens should behave that makes chard and beets so special.

Beets and chard are relatives that both perform well in the summer. In fact, they do well in all three of our pick up seasons. The mature leaves are strong when raw, so they are typically used for sautés rather than salads. Heat (and a bit of garlic), breaks their bitterness down into a nutty sweetness. Mix cooked greens in with frittatas, make a greens fried rice, or simple enjoy as a side.



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.

Blitva (Croatian Chard and Potatoes) Veg, GF

This dish is not limited to chard. With potatoes and garlic as flavor companions, any green will do. From strawberryplum.com

- 1 pound **potatoes**, cut in 1 in. chunks
- ¼ cup Olive Oil
- 5 cloves **garlic**, thinly sliced
- 1 bunch **chard** or green of your choice, cut into wide strips
- Salt and pepper to taste

Boil the potatoes in salted water until tender, about 6 minutes. Drain and set aside.

Combine olive oil and garlic in a large pot and place over medium-high heat. After about 2 minutes, the garlic should be soft (but not yet browned) and the oil should be very fragrant. Add the potatoes and cook, stirring a couple of times, until the potatoes start to turn golden around the edges, 5-7 minutes.

Add half of the Swiss chard, sprinkle with kosher salt, and toss with the potatoes. Add the remaining chard, season with salt, toss. Cook until the greens have wilted, 3-4 minutes. Taste. Season with additional salt, if needed, and freshly ground black pepper. Serve hot or at room temperature.



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