

IN THE SHARE

- Potatoes
- Garlic
- Summer Squash
- Cucumber
- Cherry Tomatoes
- Tomatoes
- Hot Peppers

CHOICE

- Sweet Peppers, or Eggplant, or Okra

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Chives, Russian Sage

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

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

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

Farm Notes



The team searches for blooms in the butternut squash patch.

There are 4 weeks left of the summer CSA, but this week we're focused on planting for fall. In beds mulched with compost we've already planted chard, and kohlrabi. Later this week we will transplant lettuce and direct seed carrots, beets, and hakurei turnips. We're also seeding a new trial variety of daylight neutral sunflowers, to get more flowers into the mid-fall season.

Planning on doing some fall gardening at home? This is a great time to start seeding or finding transplants for vegetables that won't be in your Red Wiggler fall share. Consider something fun and different like rutabaga or black Spanish radishes. Try a late fall crop like Brussels sprouts; or bring back a spring favorite that does well in the fall such as arugula or peas.

Planting for fall is on our minds, but we're certainly not done with summer crops. We just completed the potato harvest, uncovering 6 more rows of red and purple skinned potatoes. The eggplant and okra production are starting to pick up, and the next planting of tomatoes is just beginning to ripen.

In the PYO: Celosia

It's time to add celosia to your bouquets. These brightly colored flowers typically bloom from the peak of summer until the frost comes. There are two main types growing in the pink PYO garden. Towards the end of the row is what we've nicknamed "the brainy type" for its undulating petal pattern. The other is the plume type, which makes for a great colorful filler.



Crested, brain, or cockscomb variety



Okra is a crop for both summer and fall.



Plume variety

Summer Squash Soup Veg, GF, DF

Adapted from theveglife.com

- 1.5 lbs **squash** thinly sliced
- 1 cup vegetable broth
- 3/4 cup onion chopped
- 1 tbsp oil or butter
- 1 tbsp lemon juice
- 1/8 cup nutritional yeast or Parmesan cheese
- 2 tbsp fresh **parsley**



Color of soup will vary depending on the type of squash used.

In a large sauté pan over medium-high heat add the oil, onion and sliced yellow squash. Sauté until tender and golden. Add the vegetables to a blender along with the broth, lemon juice, and nutritional yeast. Puree until completely smooth. Season with salt and pepper to taste. Serve warm with a garnish of fresh parsley.

Roasted Cherry Tomatoes with Basil Veg, GF, DF

Adapted from Vegetable Love by Barbara Kafka

- 1 pint cherry tomatoes
- 2 cloves **garlic**, unpeeled
- 1 tablespoon Olive oil
- 1/4 c. thinly sliced **basil**
- 1/4 tsp. kosher salt



Preheat oven to 450° F. Place tomatoes in the smallest pan that will hold them comfortably. Drizzle with oil and toss gently to coat. Sprinkle with salt. Place the cloves of unpeeled garlic in the roasting pan. Roast for 10 minutes. Shake the pan to move the tomatoes around. Roast for 15 minutes more. Add the basil and lightly toss. Serve warm as a side dish or toss with pasta.

Tomato Mint Salsa Veg, GF, DF

Adapted from Vegetable Love by Barbara Kafka

- 2 cups loosely packed fresh **mint** leaves, finely chopped
- 3/4 pound ripe **tomato**, cored and finely chopped (about 1 1/4 cups)
- 2 cloves **garlic**, smashed, peeled, and minced
- 1-2 small **japaleño** peppers, seeded, deribbed, and finely chopped
- 2 tablespoons finely chopped yellow onion
- 2 tablespoons fresh lime juice
- 1 teaspoon salt, or to taste

Place all the ingredients in a small bowl and mix until thoroughly combined. Allow to stand for about 30 minutes.