

IN THE SHARE

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

CHOICES

Choose: Okra, Tomatoes, Eggplant, Peppers

Choose: Beets, Carrots, or Potatoes

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Chives, Russian Sage

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

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

YELLOW: Sage, Lemon Balm, Winter Savory

Farm Notes



From picklers to slicers, choose the right cucumber for your recipe.

For example, maybe you were hoping to make pickles this week, but there's a large slicing cucumbers in your bin. Just ask if we have any smaller ones and we can accommodate. We are happy to exchange cucumbers to the size your prefer, squash for the variety you want to try, or potatoes for the color and/or size you would like to cook. If you don't have a preference, we will keep pre-packing in a way that gets everyone the mix of colors, varieties, and flavors that make being a part of a CSA so special.

You've got options! We may be pre-packing some items, but feel free to let us know if you'd like to change the size or variety of an item in your share. We can't exchange between items (example: extra garlic instead of cherry tomatoes), but we are happy to oblige in size and variety exchanges.

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In the PYO: Drying Herbs

One of our growers shared this fast tip for drying herbs. It is great for those of us who don't have a dehydrator.

Pick your favorite herb. Make sure herbs are completely dry and clean. You may choose to chop herbs first (recommended for chives), remove leaves from the stem, or keep stem and leaves intact. Spread out herbs in a single layer on a paper towel. Microwave for 30-90 seconds depending on the herb and your microwave's power.

Once herbs are dry, allow them to cool before crumbling them into jars or plastic bags for storage. If they do not crumble, they are not dry enough. If herbs are still soft, return them to the microwave for a few more seconds. Repeat until dry, but do not over-do it, or they may brown or burn.

In a 1000 Watt Microwave:

- Chives ~ 30 seconds
- Sage ~ 75 seconds
- Thyme ~ 45 seconds
- Basil ~ 40-50 seconds
- Parsley ~ 60 seconds
- Oregano ~ 60 seconds

From ~ theviewfromgreatisland.com



Store dried herbs for up to 6 months.

Grilled Summer Squash Veg, GF, DF

Adapted from damndelicious.net

4 tablespoons olive oil, divided
1/4 cup minced shallots
2 cloves **garlic**, minced
2 tablespoons chopped fresh **oregano**
2 tablespoons chopped fresh **parsley** leaves
Kosher salt and freshly ground black pepper, to taste
1 to 1½ pounds summer squash, cut diagonally into 1/2-inch-thick slices



Preheat grill to medium high heat. In a small bowl, whisk together 3 tablespoons olive oil, shallot, garlic, oregano and parsley Season with salt and pepper, to taste. Set aside.

Brush zucchini and squash with remaining 1 tablespoon olive oil; season with salt and pepper, to taste. Add to grill in a single layer, and grill until charred on both sides and just beginning to soften, about 2 minutes per side. Drizzle with olive oil mixture and serve immediately.

Easy Essential: Steamed Beets Veg, GF, DF

These beets are quick to prepare and can be stored in the fridge to add into salads, sides, and other dishes as desired.

1 pound small beets, whole and unpeeled
1 tablespoon olive oil
1 tablespoon balsamic vinegar

Scrub beets under running water. Cut the top and long skinny root off of each beet and place in a steamer basket. Note that red beets stain cutting boards and countertops. To avoid stains, cut beets on a ceramic plate or another stain resistant surface. You can also apply a little olive oil to your hands to avoid staining your fingers.

In a pot, place the steamer basket above 2 inches of water. Cover the pot and bring to a boil. Lower to medium heat and steam until beets are fork tender (about 15-20 minutes for small beets). When beets are finished, remove from heat. When beets are cool enough to handle, gently rub the skin off each beet with a paper towel. Skin should slip off easily. Cut beets in quarters or cubes and toss with the oil and vinegar. Serve warm, or cool and refrigerate for later use.

Need some more ideas for what to do with beets?

- Toss cold beets with chopped walnuts and feta or goat cheese
- Serve warm with orange zest, and a teaspoon of honey
- Make a simple dressing with ¼ cup chopped fresh mint, ½ teaspoon cumin, oil, vinegar, and salt and sugar to taste. Pour over beets and marinate for at least 30 minutes before serving.