

IN THE SHARE

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

CHOICES

Choose: Okra, Tomatoes, Eggplant, Sweet Peppers, Extra-Hot 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

Some of us can't imagine a world without hot peppers, while others wonder why anyone would indulge in the first place. One very practical use of hot peppers in warm climates is food safety. According to science writer Kathryn Hulick the "capsaicin and other chemicals in hot peppers can slow or stop microbial growth". That's pretty helpful in a warm climate in a time before refrigeration.

Part of the challenge of choosing which hot pepper to cook with is that spiciness is subjective. How our taste buds and bodies respond to spicy food is a combination of our own previous exposure and the preparation of the dish. So, for those trying to figure out the best approach to hot peppers here's a general rule: more seeds equal more heat.

Removing all the seeds certainly won't remove all the heat, but the earlier you take the seeds out of the cooking process the milder the effect of the pepper. To avoid your knife even touching the seeds, cut the sides of the pepper away first and avoid cutting the stem end. To protect your eyes, cut the pepper skin side up with a sharp knife to avoid any unfortunate spray from the pepper's interior.

If in the end hot peppers are not for you, feel free to decline or share it with the birds. Birds enjoy hot peppers because they don't have the receptors to feel the heat. Many bird seed mixes add capsaicin to deter squirrels while the birds keep eating.

In the PYO: Double Click Cosmos

Puffy pink and white cosmos are blossoming the pink PYO. They stand out from our standard orange Tango cosmos due to their multilayered petals. Cosmos are a great cut-and-come-again flower, as picking encourages more flower production. The feathery leaves also make great filler for bouquets.



Hungarian hot wax and jalapeño peppers overlap each other on the heat scale. Sometimes one will be hotter than the other and other times vice versa.



Grilled Green Tomato Caprese Veg, GF,

Our large tomato production was stunted this year due to our late hail storm and plant disease. We're saying goodbye to our 1st planting of tomatoes with a green tomato harvest. In this recipe adapted from myrecipes.com, cooking mellows out the green tomato's acidity, and the texture holds up to grilling much better than a ripe red tomato.

- 1/2 cup olive oil
- 1/4 cup white balsamic vinegar
- 2 **garlic cloves**, minced
- 1 tablespoon brown sugar
- 1/8 teaspoon salt
- 2-3 medium-size **green tomatoes**, cut into 1/4-inch-thick slices
- 8 oz fresh mozzarella cheese, sliced
- Salt and freshly ground pepper to taste
- 1/3 cup thinly sliced **fresh basil**



Combine first 5 ingredients in a large zip-top plastic freezer bag; add tomatoes, seal, and shake gently to coat. Chill 1 hour. Preheat grill to 350° to 400° (medium-high) heat. Remove tomatoes from marinade, reserving marinade. Grill tomatoes, covered with grill lid, 3 to 4 minutes on each side or until tender and grill marks appear. Arrange alternating slices of warm grilled tomatoes and mozzarella cheese on a large, shallow platter. Drizzle with reserved marinade; season with salt and pepper to taste. Sprinkle with basil.

Stuffed Summer Squash Veg

Adapted from loveandlemons.com

- 2 medium to large **summer squash**, halved lengthwise
- 1 large egg, beaten
- 1 cup torn crusty bread, crumbled
- 2/3 cup grated Parmesan cheese
- 1/2 **garlic** clove, minced
- 1/2 cup quartered **cherry tomatoes**
- 2 teaspoons lemon zest
- 2 tablespoons fresh **thyme or oregano** leaves
- 1/4 cup pine nuts
- 1/4 teaspoon salt
- Extra-virgin olive oil, for drizzling

Preheat the oven to 475°F and line a baking sheet with parchment paper. Use a small spoon to hollow out the flesh of the zucchini, leaving a little more than 1/4-inch thickness around the edges. Place them cut side-up on the baking sheet. Place the scooped-out zucchini flesh into a mesh strainer and gently press out any excess water. You should be left with about 1 cup flesh. Chop any coarse pieces and transfer to a medium bowl with the egg, bread crumbs, cheese, garlic, tomatoes, lemon zest, thyme, pine nuts, and 1/4 teaspoon salt. Mix until combined, using your hands if necessary. Drizzle the hollowed-out zucchini with olive oil and sprinkle with salt and pepper. Spoon in the filling and bake for 16 to 18 minutes or until the filling is set and is golden brown and crisp on top. Serve with pesto or a sprinkle of thinly chopped fresh basil.