

IN THE SHARE:

“ / ” Indicates Choice

- Carrots
- Garlic Scapes
- Summer Squash
- Cucumbers
- Beets/Kohlrabi/Turnips

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Chives, Cilantro, Peppermint, Spearmint, Dill, Russian Sage, Lavender

GREEN: Dill, Cilantro

ORANGE: Fennel, Pincushion, Chamomile, Gomphrena, Statice, Basil

PINK: Zinnias, Parsley, Marigolds, Salvia, Ageratum

YELLOW: Rudbeckia, Sage, Winter Savory, Lemon Balm, Valerian, Bee Balm,

Ask a Red Wiggler staff for help finding these in the PYO.

Upcoming Events:

Kitchen Medicine: Enjoying the Summer Bounty- Saturday, July 24 12:30-2:30

Summer brings an abundance of produce. Join guest facilitator Claire Hudson to explore the best ways to prepare summer produce for abundant nutrition and learn how phytochemicals benefit our bodies. *Cost \$15 per person- Registration Required.*

Farm Notes: Roots and Fruits



The spring greens are gone and summer brings us a bounty of roots and fruits. Our summer roots are beets and carrots. We plant beds of beets and carrots in successions in the spring. That way we can harvest them slowly throughout the summer instead of needing to uproot a whole field all at once.

Our fruits (cucumbers, squash, and tomatoes are botanically classified as fruits) are also planted in successions. The plantings are timed so that when the first patch is at its peak the next one is just starting, ready to take over when the preceding patch dies out.

Along with the careful planning by our farm managers, the harvest teams also make each succession a success. The teams plan the harvest order making sure that they pick in a way that limits disease spread. The teams also pick after the morning dew has dried in order to prevent diseases that spread faster with wet plants. So with much planning, preparation, and procedure we bring you this week's roots and fruits.

In the PYO: Basil

The basil is abundant in the orange PYO. Though leafy greens grow much slower (or not at all) in the summer, basil loves the sunshine and heat. Basil works great in salads and on sandwiches. Pesto is another great option for an abundance of basil. If you'd prefer to skip the nuts and cheese, try this quick and simple basil sauce.

5 MINUTE BASIL SAUCE

- 2 cups Fresh Basil Leaves
- 1/2 cup Olive Oil Extra Virgin
- 2 cloves Garlic peeled
- 1/2 teaspoon Lemon juice or more to taste, or skip
- 1/4 teaspoon Salt or more to taste
- Freshly ground pepper to taste



Blend until it reaches your desired consistency. Use as a dressing, sauce, or dip.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Roasted Beets with Citrus adapted from loveandlemons.com

Veg, DF, GF

1 pounds beets	Sherry or balsamic vinegar, for drizzling
1 large navel orange	Extra-virgin olive oil, for drizzling
Juice of ½ lemon, or to taste	Small handful chopped walnuts or pistachios
1 bunch mint or dill , roughly chopped	Sea salt and freshly ground black pepper

Preheat the oven to 400°F.

Place each beet on a piece of foil and drizzle generously with olive oil and pinches of sea salt and freshly ground black pepper. Wrap the beets in the foil and roast on a baking sheet for 35 to 60 minutes, or until soft and fork-tender. The time will depend on the size and freshness of the beets. Remove the beets from the oven, remove the foil, and set aside to cool. When they are cool to the touch, peel the skins. Hold them under running water and slide the skins off with your hands.

Use a citrus peeler to peel long strips around the orange, avoiding the white pith. Grated zest would work here also. Slice ¾ of the orange into segments and reserve the remaining ¼ wedge for squeezing.

Slice the beets into 1" wedges or chunks and place them in a bowl. If you're using red and yellow beets, place each color into separate bowls so the red beets don't stain the yellow beets.

Drizzle with olive oil and sherry vinegar, then add the lemon juice, orange juice squeezed from the remaining wedge, chopped herbs, and a few pinches of salt and pepper. Toss together, and chill until ready to serve.

Taste before serving and season with more salt and pepper or more vinegar as desired. Serve on a platter with the orange segments, nuts, and citrus curls (or zest).

Kohlrabi Pancakes

Veg

For Pancakes:	2 garlic scapes chopped thinly	Sauce
1 pound kohlrabi , peeled and grated	1 onion, chopped thinly	1/3 cup yogurt
3 large carrots , grated	2 eggs	1 tbsp lemon juice
2 tbsp flour	Salt and pepper	1 Tbsp chopped dill
	Olive Oil	Salt to taste



Mix all vegetables together in a large bowl. Wisk eggs and flour together in separate small bowl and then add to vegetables mixture. Season lightly with salt and pepper. In a small bowl, mix together sauce ingredients and refrigerate until needed.

Heat 3 tbsp of olive oil in a frying pan on medium-high heat. Once hot, spoon vegetable mixture into the pan in patty like shapes. Fry on each side 2-3 minutes, or until golden brown. Transfer cooked pancakes to plate, salt to taste immediately. Continue cooking until all of the vegetable mixture has been fried. Once plated, drizzle pancakes with sauce and enjoy!