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**Please remember:**  
**To return your produce box every week when you pick up so we can refill it for you the next week!**  
**Give all of your fruits and vegetables a good rinse with clean fresh water. No soaps or vegetable cleaner needed!**

Also in your box

Zucchini (the long green vegetable) - boil, sauté with butter, or (our favorite) slice long ways, marinate in Italian dressing for a few hours and grill it for just a few minutes until it fork tender. Delicious!

Dumpling squash (the yellow space ship looking thing) - steam, boil, or slice and roast these topped with olive oil salt and pepper.

Mint and Lemon Balm—add to salads, teas, in yogurt or dry it and use it for a bug deterrent in your house.



## *A Note from Erin and Chris*

It's the last day of July and it has flown by! The rain and heat that we experienced caused a growing boom—in our plants **and** the weeds but while I was camping in Door County with the kids Chris took hold and slowed the weeds who's the boss. When came home he was so proud to show me the newly tilled, weeded and cleaned fields. They look great. Also, while I was away we got a call from our mentor farmer, Jill Beyer,

from Harrison Market Garden, offering us cucumber and squash plants they no longer needed. A blessing! We promptly planted those as the are about 3 weeks out form producing. Then came the cold snap and everything seemed to stop growing and ripening, except the broccoli. 60 degrees in July? Chris and I were working out in the field and jokingly commented on the beautiful “fall” weather we were having. But no worries,



“For everything there is a season, and a time for every matter under heaven” (Ecc 3:1) - including vegetables. They will eventually ripen (we hope!). We've had an amazing and crazy growing season so far and have been deeply blessed. Enjoy your box this week!

## *In Your Box This Week: Sweet Corn*

Thanks to our mentor famers, Jill, Bill and Ben Beyer of Harrison Market Gardens we are able to give you a half dozen of fresh, organic, and delicious sweet corn. They were gracious enough to share the fruits of their labor with us. This sweet corn is so fresh and good it can be eaten raw, which my kids did in the field the day we picked it. Eat it

right away! But if you must put off eating it, leave it in the husks and in the fridge in a plastic bag for as little time as possible. After about 4 days the sweetness diminishes. To cook, try soaking it in a bucket of water for a few hours and roasting it on your grill in the husks. Or you can peel it and boil it in a pot of water with just a little bit of milk to

sweeten it up even more. Mix some salt with lime zest and chili flakes and sprinkle over a hot, buttered ear. On hot summer nights my mom and I used to have corn on the cob and fresh sliced tomatoes for dinner. I loved it and will always remember those fresh, light dinners. I really hope you and your family enjoy the corn in your own favorite way!

## *In Your Box This Week: Blackberries*

### **Coming Soon:**

- More tomatoes
- Egg plant
- Sweet Peppers
- Hot Peppers
- Beets
- More Beans
- Cabbage
- Cauliflower
- Leeks
- Melons
- ....and more

We were blessed by not only one but **two** of my farmer friends this week! Michael Keefe of Mighty Sprout Farm and formerly First Hand Harvest CSA (the first one Chris and I joined) and a friend of mine I met while working out at Peak offered us his blackberries. They are huge, beautiful and some of the best tasting blackberries I have ever tasted. My sister and

4 of our boys went out in the rain the other day to pick them for you. I had been praying, hoping, and expecting rain for the last week and the day we happen to get it is the one day we plan to go out pick corn and blackberries. Figures. It was a cold, wet and painful experience as the blackberry thorns were relentless but, in the end, the kids all said they had a great

time and my sister and I got a lot of good laughs as the thorns stuck to our hair, clothes, legs, arms.....everything. We had no problem finding the fun and funny moments in any situation. Enjoy your blackberries atop your morning cereal, joined with another fruit in a cobbler, or (as we did) on the way home in your car! Eat them quickly as the won't stay long!

## *In Your Box This Week : The First Garden Fresh Tomato*

Here it is! The first taste of the feast to come—the red ripe tomato! The homecoming queen of the vegetable world, the winner of the “most popular” award every year, the beloved tomato. I wanted to get at least

one in each box so you can try our garden fresh tomato and get excited for more to come. We grew mostly heirloom tomatoes, which are tomatoes that have been lost over the last 40 years due to the popularity and

demand of the commercial tomato. If your tomato has a little bit of green on it still place it on a sun-free spot on your counter or in a paper bag and let ripen for a few days. Never store tomatoes in the fridge.

## *In Your Box This Week: Broccoli*

I'm pretty sure you know what to do with Broccoli but incase you don't here's a few tips: Wrap it loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. Don't use an airtight bag because broccoli continues to respire after harvested. It needs some room to breath. You can

keep for over a week but is best used within a few days. Organically grown broccoli tends to harbor some bugs tagging along. To get rid of the bugs soak your broccoli head down in cold salted water (1tsp per 8 cups water) for 5 minutes. Any critters will float to the top where you can rescue them

or let them succumb to a salty death. Do not store after soaking, cook immediately. Eat the stems and the flowers, the stems are juicy, crunchy, perfectly edible. We love it placed it in boiling water for just 5 minutes, drain, then drizzle with olive oil, lemon and salt as a side dish to chicken, fish or beef.

