

August 10th, 2012

Well, so far August has brought a lot more rain than July, and I for one am thankful for the extra precipitation. This week we set our more successions of herbs and greens, and seeded lots of cold hardy plants for the months to come. With a little extra attention, we hope they can make it through the hot days of August to the cooler temps in September and October where they’re really at home. Meanwhile, the summer crops continue to thrive. We have green string beans galore, which means we’ll be putting away some dilly beans soon. We’ve also been trying to take advantage of the abundance of local fruit at the moment, making various berry jams, and canning peaches and blueberries.

This week we have more tomatoes! Along with some fresh coriander—coriander is normally found dried in the spice section, but fresh coriander is delicious and has more of the cilantro flavor that is a wonderful addition to fresh salsa or raw tomato and cucumber salad.

* Heirloom Tomatoes—Black Prince, Rose de Berne, and Prudence Purple
* Sungold Tomatoes
* Rainbow Chard
* Green String Beans
* Red Norland Potatoes
* Red Romaine Lettuce and Red Leaf Lettuce
* Lemon Cucumbers
* Garlic
* Fresh Coriander

Recipe of the Week: Tomato and Lemon Cucumber Salad

Slice or dice tomatoes and cucumbers into bit size pieces. Thinly slice ¼- ½ red or yellow onion (depending on how much you like raw onion). In a small mixing bowl, combine 2-4 tablespoons olive oil, 1-2 tablespoons red wine vinegar, and salt and pepper to taste (use larger measurements for a greater quantity of vegetables). Combine dressing with all the veggies in a bowl and toss. \*Optional: add one or two of the following ingredients for a little extra flavor, fresh coriander, dill, basil, parsley, lemon juice, feta cheese, fresh mozzarella.\*