

August 21st and 23rd

It’s been another beautiful August week—warm sunny days and cool dry nights—perfect weather for working out in the field. Some of our late cover crops are starting to grow in—plantings of oats that will be tilled in next year to build up our soil. We are also just beginning to get our greenhouse ready for the cool weather. All summer the greenhouse has been left with the doors wide open and the sides rolled up—but the time is nearing when we’ll roll down the sides, and maybe even start the occasional fire in the woodstove on particularly cold fall evenings. We’re moving some of the seedling tables out of the greenhouse, taking up the ground cloths, and planting out cold hardy plants for fall—bok choi, tat soi, spinach, winter lettuces, and arugula. This year we’re offering a two month late fall/winter CSA for the first time—and in preparation we’re planting as much as we can now, while the sun is still high, so that in November and December we’ll still have lots of cooking greens and salad greens that can tolerate the cold temperatures but won’t continue to grow much, if at all, after October.

This week’s share is full of late summer bounty—tomatoes, beans, cucumbers… and arugula. Conditions have been just right for arugula these last few weeks—and that’s why it is in your share again. It is a spicy salad green—delicious with some fresh tomatoes, a drizzle of olive oil, a splash of vinegar, a sprinkling of coarse salt, and some black pepper. Yum.

* Mixed Cherry Tomatoes (Sungold, Black Cherry, Principe Borghese, Black Cherry)
* Arugula
* Green Beans or Rainbow Filet Beans
* Cucumbers (Pickling, English, and Lemon)
* Zucchini
* Beets (Early Wonder, Chiogga, Golden)
* Sweet Corn—from Rodney Winchester
* Rainbow Chard
* Garlic
* Dill, Parsley, Cilantro, or Fennel

Recipe of the Week: Corn, Cucumber, and Tomato Salad

Shuck 2 ears corn, cut off kernels, and put in a medium bowl. Slice and chop 3 small cucumbers into bite size pieces (peel before chopping if desired). Dice 2 big tomatoes or halve 1 ½ cups cherry tomatoes. Mince 1 small red onion. Add cucumber, tomatoes, and onion to the bowl. In a small bowl, whisk 2 tablespoons olive oil, 1 tablespoon white wine vinegar, apple cider vinegar, or lemon juice, ½ -1 teaspoon salt, and a handful of chopped fresh herbs (basil, mint, cilantro, dill, or parsley). Pour dressing over the veggies and toss to combine. Enjoy as a dish on its own, or serve on top of arugula or other salad greens.