

August 28th and 30th

 It truly is the harvest season right now. More than any other time of year, our energy is focused on harvesting—and then preparing the harvest for either, immediate, or long-term consumption. This past week we pickled cucumbers, canned tomatoes, froze green beans and corn, and started curing some of the onions. Some of our summer crops are beginning to show signs that the end is near—the summer squash and cucumber leaves are yellowing, the bean harvests are starting to dwindle—but meanwhile, melons are truly coming into their prime (we harvested our first watermelon of the year this past week, weighing in at 23lbs!), and the pumpkins are turning from green to orange.

 This week your share has rainbow potatoes—these include an “all red” variety, which is red on the outside and the inside, a “purple sun” variety, which is purple on the outside but golden on the inside, and a “katahdin” variety, which is golden on the outside and white on the inside.

* Tomatoes
* Salad Mix (Half and Full Shares Only)
* Potatoes (All Red, Purple Sun, Katahdin)
* Sweet Peppers
* Zucchini and Summer Squash
* Carrots (Danvers, Nantes, Yellow, and Purple Dragon)
* Rainbow Chard
* Copra Onions
* Ruby Perfection Cabbage

Recipe of the Week: Sauteed Rainbow Chard

 Peel 1-2 onions, cut in half, and then in thin slices. Chop chard stems into bite size pieces. Cook stems and onions in a large frying or sauce pan with ~2 tablespoons olive oil on medium-high heat, stirring frequently. While the onions are cooking, chop the chard leaves (as small as desired—it will cook down). Cook onions until they are translucent and just starting to brown at the edges. Add chard leaves—stirring to cook the leaves evenly. Add salt and pepper to taste. Optional: add 2 tablespoons lemon juice when you add the chard leaves.