

August 7th and 9th

 Harvesting has been occupying much of our time here at the homestead. We are still chipping away at various other projects—but with so much bounty this time of year—the picking must go on. It is a soggy day for harvesting—but most of our plants are loving the extra watering—especially our melons—which you can almost see growing on a day like today.

 This week there are more summer vegetables in your share. Baby onions can be chopped and cooked like a full grown adult onion, or used like scallions.

* Slicing Tomatoes or Cherry Tomatoes (Sungolds, Principe Borghese, Smarty)
* Baby Onions (Copra and Rossa di Milano)
* Cucumbers (Lemon, Pickling, and English)
* Zucchini (Green, Yellow, Romanesca)
* Green Cabbage
* Potatoes (Katahdin, Purple Sun, Red Norland)
* Green King Broccoli—Full and Half Shares Only
* Rainbow Chard
* Rainbow Filet Beans (Green, Yellow, and Purple)
* Dill, Parsley, Fennel

Recipe of the Week: Rainbow Beans Provençal

 Chop 1 onion and 1-2 cloves garlic and sauté in ~2 tablespoons olive oil on medium heat. While onions are cooking, trim ends of beans, and cut them into bite size pieces. Chop 1-2 tomatoes (or equivalent amount of cherry tomatoes) into bite size pieces. When onions are translucent, add beans and tomatoes and cook for 5-10 minutes. Stir frequently. Add salt and pepper to taste. Optional: add chopped basil or parsley as garnish just before serving.