

July 17th and 19th

It has been a hot week for field work—hot and humid! But while we are sweating up a storm and trying to stay hydrated, our mid-summer plants are soaking up the sunshine and the heat. The tomatoes and squash are ripening, the eggplants and peppers are flowering, and the bees are buzzing. Having a break from the rain this week is also giving us a chance to catch up with the weeds, which is always an exhilarating possibility.

This week we have our first taste of mid- and late-summer vegetables with the arrival of tomatoes and summer squash! It is just the beginning of so many fruiting vegetables and fruits. We’ve been watching clusters of green tomatoes hanging on the plants for weeks now, wondering when they would start to blush, and now that moment has come. We also have new potatoes this week, which are deliciously melting and delicate. New potatoes are something like the ideal of a potato in flavor and texture, if not in size. They are tasty anyway you enjoy potatoes—roasted, boiled, fried, you name it.

* Red Russian Kale
* New Garlic
* Red Norland Potatoes
* Speckled Amish or Red Romaine Head Lettuce
* Baby Leeks (Bleu de Solaize)
* Bright Lights Rainbow Chard
* Basil
* Beets (Early Wonder, Chiogga, Golden, and White)
* Zucchini and Summer squash (Full Share Only)
* Tomatoes (Sungold, Glacier, Principe Borghese)
* Flowers

Recipe of the Week: Tomato Basil Salad

Wash and slice tomatoes (halves for cherries, bite size pieces for larger fruits). Wash a large handful of basil. Save 1-2 florets for garnish and chop the rest of the leaves. In a medium size bowl combine and mix 2-3 tablespoons olive oil, 1-2 tablespoons vinegar (balsamic, red or white wine), a large pinch coarse or kosher salt, and ground pepper to taste. Add tomatoes and basil to the bowl and toss gently. Place basil florets on top of the bowl. Serve with toast, salad, or as a side dish. Optional additions: 2 tablespoons minced onion or 1 tablespoon minced garlic.