

July 24th and 26th

What a relief to have a break from the heat and the humidity! It has been very appreciated here at the homestead. The slightly cooler nights and the slightly drier days are incredible spirit lifters. This week and last we’ve been saying farewell to our early season crops (goodbye peas!) and transplanting and seeding in our late summer plantings of carrots and beets, broccoli and kohlrabi, and zucchini and cucumbers. It’s sad to see those signs of early summer drift away—the greens aren’t so delicate and crisp in the mid summer, and the lettuce is not quite what it was with those cool June nights long gone—but who can miss those things when there are so many other veggies that are just coming into their own.

This week we have the first appearance of cabbage in your share-- just in time for those coleslaw and pasta salad side dishes to accompany a summer barbeque. We also have summer squash, cucumbers, and heirloom tomatoes! It’s a good time to be a local eater.

* Cippolini Onions
* Bright Lights Rainbow Chard or Red Norland Potatoes
* Green Cabbage
* Beets (Early Wonder, Chiogga, maybe White or Golden)
* Green, Yellow, Costata, and Romanesca Zucchini
* Heirloom Tomatoes
* Lemon, Pickling, or English Cucumbers
* Kale—Red Russian, Lacinato, or Curly
* Cilantro

Recipe of the Week: Cabbage Slaw

~This is a great simple side dish or a topping for tacos or burgers~

Thinly slice ½ a cabbage and put in a large bowl. Juice 1-2 limes and add to cabbage along with 1-2 teaspoons cumin seed and salt to taste. \*Optional—add 2 tablespoons chopped cilantro.