

July 31st and August 2nd

Summer at the homestead is flying by—I always feel this way in the summer, but somehow July always seems to be a blur even more so than the other months. We are happy to have some cooler days—working out in the fields weeding and planting is oh so enjoyable—though the cooler weather has also slowed down our hot weather vegetables—so this week we are harvesting fewer green beans and summer squash then we were during the heat wave in mid-July. Still, everything continues to grow, if at a slightly reduced pace.

This week we have more summer veggies—tomatoes, green and filet beans, summer squash, and cucumbers! Don’t forget to cut the tops off your carrots for best long term storage. And, to add a little spice to your life, we have jalapeno peppers this week.

* Head Lettuce (Speckled Amish, Romaine, or Jericho)
* Kale (Red Russian, Curly, or Lacinato)
* Carrots (Danvers, Nantes, Yellow, and White)
* Tomatoes!
  + - * + Sungolds and Heirloom Slicing Tomatoes (Full & Half Shares)
        + Sungolds, Principe Borghese, Black, Smarty (Single Shares)
* Garlic
* Green Kohlrabi
* Rainbow Filet Beans, or Green Beans (Full & Half Shares only)
* Yellow, Green, Costata, Romanesca Zucchini
* Lemon, Pickling, and English Cucumbers
* Basil, Parsley, or Dill
* Jalapeño Peppers

Recipe of the Week: Kohlrabi ‘n’ Cabbage Slaw

This is another recipe adapted from the “Farmer John Cookbook”. Slaws are a great place to use whatever herbs you have on hand.

Grate kohlrabi and a few carrots, dice a sweet pepper (optional), mince 1-2 large cloves garlic, finely chop ½ cup onion, chop 2-4 teaspoons fresh herbs, and add them all to a large bowl. In a small bowl, whisk together ½ cup sour cream, 1/3 cup olive oil, ¼ cup white wine vinegar or apple cider vinegar, 1 ½ teaspoons chili powder, ½ teaspoon salt, ¼ teaspoon black pepper (Optional: add in finely chopped jalapeno pepper). Pour dressing on vegetables and toss to coat. Cover and refrigerate for 2 hours before serving.