



# Weekly Newsletter

Volume 12 Issue 10

Aug. 15, 2022

## In the Box

Tomatoes!!  
Eggplant  
Cabbage  
Chard  
Chives  
Parsley  
Tatsoi  
Tomatillos  
Sweet Peppers  
Summer Squash  
Garlic  
Cucumbers  
Dry Onion  
Fingerling Potatoes  
Spicy/Hot Peppers\*

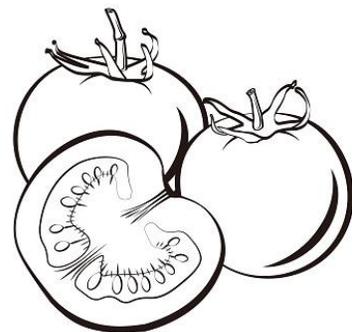
## Around the Farm

We enjoyed a nice break with a mix of catching up from the previous week's heat wave and day trips to the beach and Mt. Rainier. The vegetables continued to grow and grow and grow. We are overloading your box with tomatoes, zucchini, and cucumbers. At this time in the season, lettuce goes on a bit of a hiatus—too hot for it to grow well. Ah-ha—use the extra tomatoes and cucumbers as the base for a salad. One of our goals with the farm is to offer learning opportunities for people interested in sustainable farming. We currently have an Olympia High School graduate working with us until he starts college this fall. This past week, we cleared beds for one more round of broccoli and cabbage and planted kohlrabi, bok choy, and tatsoi. The dry onions have 'flopped' so we have turned the water off and will pull them this week to dry further. The onion in your box is a 'green' dry onion that went to seed. These onions are just as delicious, but do not store well. They need to be refrigerated.

\*Mild peppers-garden salsa, griller hybrid, biggie chili, mad hatter, trident  
Medium-jalapeno, red ember

## Tomato Hints

- Too many cherry tomatoes? Roast and freeze. Thinly coat with olive oil, put in a roasting pan lined with parchment paper or oiled foil. Put in a single layer with space in between. Roast at 250 degrees until they are shriveled and brown around the edges. Put in freezer bags and freeze.
- Long time subscriber Karen shared her solution for too many tomatoes—put them in the blender skins and all. Blend and use as a fresh spaghetti sauce. Simmer the pureed tomatoes with garlic, salt, pepper, and herbs like basil or parsley until it is the consistency you desire.
- Freeze whole tomatoes. Arrange on a baking sheet in a single layer and put in the freezer. Freeze. Transfer the frozen tomatoes to freezer bags. They'll keep for up to 6 months. Skins will slip off easily as they begin to thaw.
- Store 'main' or slicing tomatoes on the counter stem side down.



## Recipe Corner

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Another recipe from Smitten Kitchen—it will take you longer to read the recipe than to make it!

### Quick Zucchini Saute

1-2 Tbsp. olive oil

2 Tbsp. thinly sliced almonds

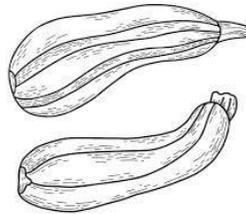
1 medium or 2 small zucchini/summer squash, cut into 1/8-inch matchsticks

Salt and freshly ground pepper

Shredded romano or parmesan cheese

Heat a large skillet over medium-high and add enough oil to coat the pan well. Heat the oil until hot but not smoking, then add the almonds to the pan. Cook them stirring, until the almonds are golden-brown, approximately a minute or two. Don't skimp on this step; they provide a depth of flavor that carries the whole dish. Add the zucchini, tossing it with the oil and almonds until it just begins to glisten, about one minute. The idea is not to cook the zucchini so much as warm it so it begins to soften. Season well with salt and pepper, slide onto a plate, top with cheese and immediately dig in.

Serves 2. <https://smittenkitchen.com/2007/08/quick-zucchini-saute/>



### Pico De Gallo

2 cups diced tomato, 3 to 4 small tomatoes

3/4 cup diced white onion

1/2 cup chopped fresh cilantro

1/4 cup fresh lime juice

2 garlic cloves, minced

1 jalapeño pepper, stemmed and diced

1/2 teaspoon sea salt, more to taste

Combine all ingredients. Serve with tortilla chips or spoon over fish, chicken, or roasted vegetables.

<https://www.loveandlemons.com/pico-de-gallo/#wprm-recipe-container-43193>

**Thank you for returning your empty box on next week's delivery day.**

