



Weekly Newsletter

Volume 12 Issue 11

Aug. 22, 2022

In the Box

Tomatoes
Eggplant
Lettuce
Tatsoi
Kale
Basil
Bok Choy
Tomatillos
Sweet Peppers
Summer Squash
Garlic
Cucumbers
Red & Yellow Onions
Fingerling Potatoes
Spicy/Hot Peppers*
*Mild peppers-garden salsa,
griller hybrid, biggie chili, mad
hatter, trident, shitaki
Medium-jalapeno, red ember
Hot - chenzo

Around the Farm

This past week, we planted a second round of collards and the fourth round of lettuce. We prepared what was the garlic bed for cabbage and we are clearing other beds for a fall cover crop of red clover. The onions in your box this week are a mix of walla walla (flatter bottom), expression (yellow), and red cabernet. We planted 1200 onions and Mark reminded me that we need to put more than one per week in the boxes to whittle down the inventory. Dry onions grow very well for us. We start them from seed at the end of January, transplant them once from 1/2" soil blocks to 2" soil blocks. Then, our son and daughter-in-law help us plant them in the field. We plant them with blood meal (nitrogen) and give them more about four weeks in to their growth cycle. Sometime in mid to late July, the leaves start to turn brown and flop over. We cut the water and two weeks later, pull them and leave them lie in the sun for about a week. Leaving the stems on, we gently pick them up and put them in a small greenhouse with a fan and shade cloth to dry further. We continue to turn them every 5-7 days to improve the drying process. After 2-4 weeks, we cut the dry stem and roots off and they are ready to store through the winter. So, you can see why we start sending onions before they are truly dry!

Fun Summer Cocktail/Mocktail

Okay—so this has nothing to do with vegetables, but it speaks volumes for summer. We have been sharing this recipe far and wide, so here it is written down.

Frozen Watermelon Mojito

4 c. watermelon in 1" cubes (about a 2lb. watermelon w/rind on

1/2 c. lime juice

1-2 Tbsp. sugar

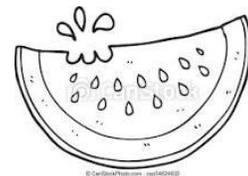
6-8 Tbsp. white rum (optional)

1-2 sprigs of fresh mint (leaves only)

Freeze watermelon in a single layer on a tray lined w/plastic wrap. Stir sugar and lime juice to dissolve sugar. Put watermelon, sweetened lime juice, and rum in blender and blend until thick but smooth.

Add mint and pulse a few more times. Pour into two glasses. Garnish with lime wedges and extra mint.

From SmittenKitchen



Recipe Corner

We went hiking with my son and daughter-in-law and their friends—did the Skyline Trail at Paradise which takes about 4+ hours. The subject of food and cooking came up and we talked about what we were making with our seasonal produce. They had just done a zucchini crust pizza. I had forgotten about that! So, here is a recipe from Taste of Home.

Zucchini Pizza Crust

2 c. shredded zucchini, squeezed dry

2 eggs, lightly beaten

¼ c. all-purpose flour

¼ tsp. salt

½ c. shredded mozzarella

¼ c. Parmesan cheese

Preheat oven to 450 degrees. In a large bowl, combine the first 4 ingredients; stir in the mozzarella and Parmesan cheese. Transfer to a 12" pizza pan coated with olive or vegetable oil; spread to an 11" circle. Bake until golden brown, 13-15 minutes.

<https://www.tasteofhome.com/recipes/zucchini-crust-pizza/>

For the pizza-- Reduce oven setting to 400 degrees. Add whatever toppings you like—from the box, peppers, eggplant, garlic, onion, tomatoes, etc. Top with mozzarella and parmesan cheese. Bake until edge is golden brown and cheese is melted, 10-15 minutes. Sprinkle with chopped fresh basil.

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

