

THIS WEEK'S HARVEST

- Baby Leeks
- Basil
- Bell Peppers
- Broccoli
- Carrots
- Cucumber
- Eggplant
- Garlic
- Mint
- Summer Squash
- Tomatoes



Baby Leeks: Last year we got the idea from our innovative intern, Emily, to plant some extra leeks seedlings in bunches for harvesting mid season. It worked well for everyone, so we did it again! The leeks in your box are pencil-thin to thumb-sized in thickness, and because the green parts are smaller than late-season mature leeks, they can be used more like a green onion. They will benefit from a thorough rinsing, and you will want to pull back the top ends of the green parts to be sure that they get rinsed down in between the leaves a bit. Chop raw baby leeks into rounds and toss into salads, sauté in place of mild onions, or use thick slices in canning projects. Store leeks in loosely wrapped plastic for up to 3 weeks in the fridge.

Cukes: Here we have another familiar face. Cucumbers. As your farmer, I have to say that we are having a good run of them this season. At this point you likely are familiar with the difference between the longer, small-seeded hothouse cucumbers and the shorter, plumper pickling type cukes from the field. Both are tasty and have their place at the table. Here is a recipe to shake it up, in case you are wondering what the heck to do with another round of cukes.

Marinated Cucumbers with Mint

Source: River Cottage Veg
Serves 3-4

This refreshing salad takes just a few minutes to put together, but does a cucumber full justice. Resting the salad allows the mint to infuse and take the chilly edge off the cucumber.

1 medium-large cucumber
1 tsp cider vinegar
1 Tbsp olive or canola oil
a good handful of mint, finely chopped
A pinch of sugar
Sea salt and freshly ground black pepper

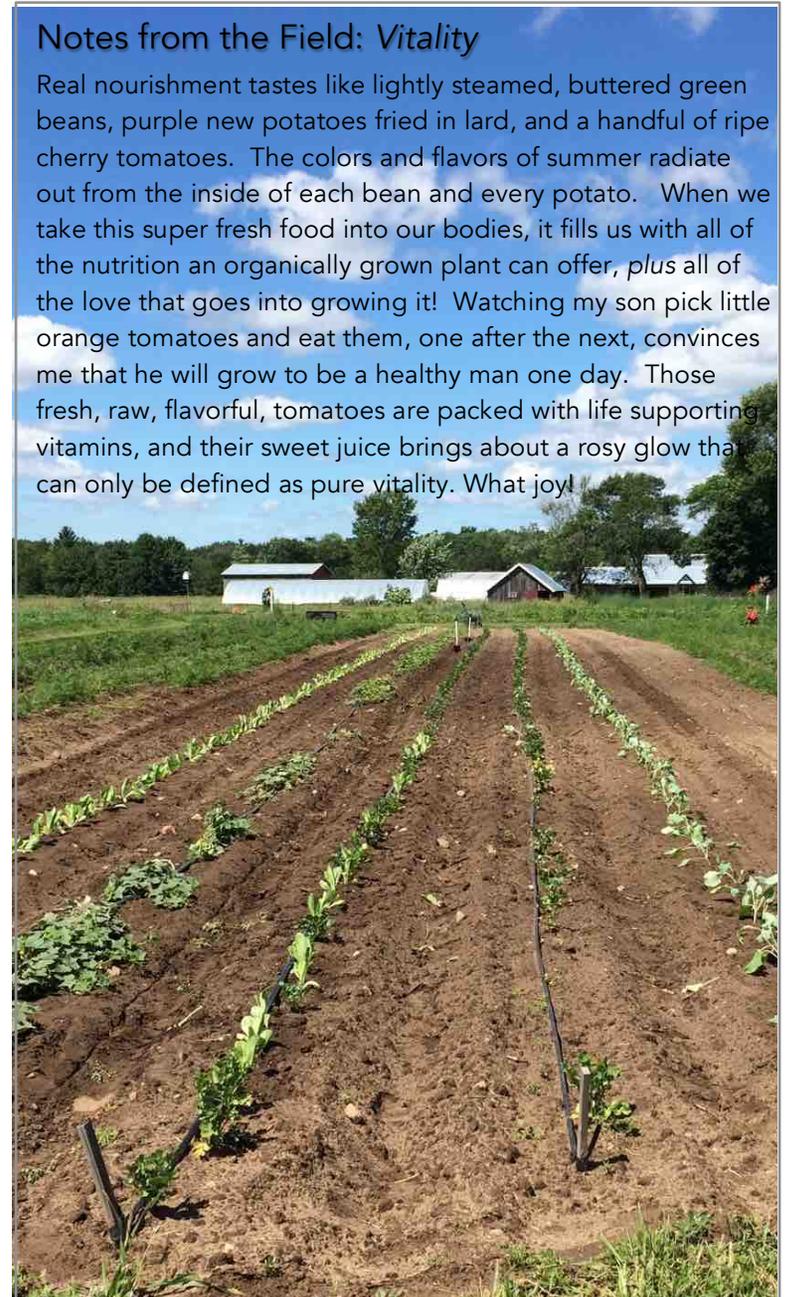
Peel the cucumber, halve it lengthwise, and scoop out the seeds. Slice into thick half moons, Place in a dish with the cider vinegar, oil, and mint.

Season with the sugar and a pinch each of salt and pepper, then toss together thoroughly. Leave for 15 to 30 minutes, toss again, and then serve.

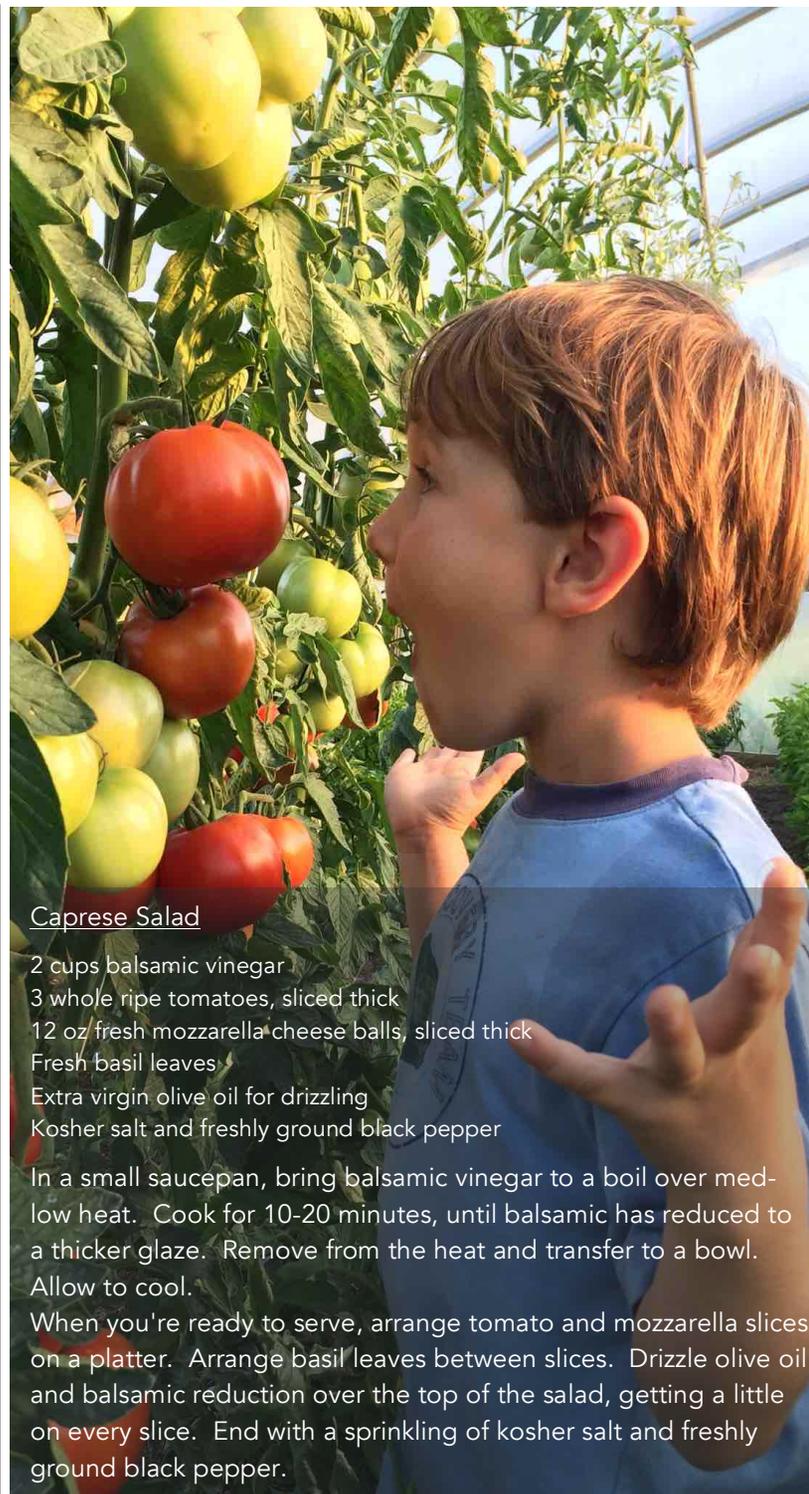
Mint: Tucked quietly in with your bag of basil, the chocolate mint in your box will work well in the recipe for marinated cucumbers!

Notes from the Field: *Vitality*

Real nourishment tastes like lightly steamed, buttered green beans, purple new potatoes fried in lard, and a handful of ripe cherry tomatoes. The colors and flavors of summer radiate out from the inside of each bean and every potato. When we take this super fresh food into our bodies, it fills us with all of the nutrition an organically grown plant can offer, *plus* all of the love that goes into growing it! Watching my son pick little orange tomatoes and eat them, one after the next, convinces me that he will grow to be a healthy man one day. Those fresh, raw, flavorful, tomatoes are packed with life supporting vitamins, and their sweet juice brings about a rosy glow that can only be defined as pure vitality. What joy!



Tomatoes: Like cucumbers, peppers, eggplants and tomatillos, tomatoes are fruits eaten as a vegetables. Connoisseurs of tomatoes will eat them just about any way, and we know that there are lots of you out there, so we strive to grow a happy mix of many different types and varieties. It's true that there is something to be said for a strait up red, round, plump tomato (see picture of Shep to the right). We can assure you that there are plenty of these standards on hand! They are ripening beautifully on the vine as you read this. But in addition, we plan to provide a range of colors and shapes from Tomato Land. My personal favorites are a Roma type called the Icicle Series. These long, tapered paste tomatoes come in lovely shades of yellow, orange, black and red. They are absolutely stellar in a Caprese Salad, as they hold their shape well and add color that wows. Heirlooms such as these stand out for both their flavor and their appearance, and we hope to include a nice variety in your boxes as we move through into late summer. If you wish for more than what your box offers, please do follow us to one of our local farmer's markets. Just seeing them all together on display is worth a trip! But, I digress. You are bound to find any number of ways to prepare your Boerson Farm tomatoes this season, and perhaps the simplest and best is to just slice and eat:)



Caprese Salad

2 cups balsamic vinegar
3 whole ripe tomatoes, sliced thick
12 oz fresh mozzarella cheese balls, sliced thick
Fresh basil leaves
Extra virgin olive oil for drizzling
Kosher salt and freshly ground black pepper

In a small saucepan, bring balsamic vinegar to a boil over med-low heat. Cook for 10-20 minutes, until balsamic has reduced to a thicker glaze. Remove from the heat and transfer to a bowl.

Allow to cool.

When you're ready to serve, arrange tomato and mozzarella slices on a platter. Arrange basil leaves between slices. Drizzle olive oil and balsamic reduction over the top of the salad, getting a little on every slice. End with a sprinkling of kosher salt and freshly ground black pepper.

Bell peppers: At last, summer's abundance brings with it a menagerie of bell peppers. This season we are growing 5 varieties of sweet peppers, and 2 varieties of hot peppers. Most of the sweet peppers are bell shaped, but some are longer and horn shaped. At this point, the vast majority of these varieties are still green, but with the warmer days and nights, it won't be long and you will see a mixture of red, yellow, purple, and orange, along with the traditional (unripe) green. **In the meantime, store your bell peppers loosely wrapped in the plastic or paper in the refrigerator and eat within 2 weeks.** To seed, cut a small circle around the stem end and pull out the stem and pith. This will remove most of the seeds, though you will likely need to slice pith strips off the inside of the pepper walls. Slice into strips and stir fry with a mix of seasonal veggies and serve over rice, or enjoy raw on a platter of crudités.

Basil: It may seem that there is no end to the basil that is going into your boxes. Well, that is actually true. But if you have seen the basil plants in our hoop house, you know that they are thriving. As long as we continue to harvest, the plants will continue to grow new leaves (and not flowers). So far, the basil has offered us pesto, a green leafy layer in sandwiches and burgers, garnish for pasta, and a refreshing twist on ice water (if you haven't tried putting basil sprigs into a quart jar of ice water, you better give it a go. It's delicious!). Now we have arrived at the time of tomatoes, and this friends, is when the basil really shines. A basic caprese salad will marry the two alongside fresh mozzarella like nobody's business!

AS THEY SAY TO THE SOUTH, "BUEN PROVECHO!"