

What is in your box:

Red leaf head lettuce

Green leaf head lettuce

Broccoli

Oregano

Scallions

Garlic curls

Chard

Oregano

The sprig of herbs is fresh oregano. You can hang it up in your kitchen to dry and save it for winter, or chop it fresh and add to a pasta salad, soup, tomato sauce, or something of your choosing for a fresh flavor.

Chard

The yellow stemmed dark green leafy vegetable is swiss chard. Both the stem and the leaves are edible. If you have your beet greens left from last week you can mix them with the chard, steam lightly (putting the stems in first for an extra minute) and serve with balsamic vinegar (of course!), butter and salt and pepper, or your favorite seasoning (I have a favorite from Herbs, Spices and More in Arena). The chard is related to beets, only it doesn't produce the round root of a beet. Instead of steaming, it also can be lightly sautéed with garlic and olive oil, or chopped and added to eggs, stirfry or any other mixture including vegetables! Sound familiar? This is indeed how we prepare every meal—chop up whatever we have, mix it together, add spices...enjoy!!



Harvesting head lettuce

Top ten: extra head lettuce instead of chard and oregano

Farm News

Well, we certainly have a weather change for this week! Once again, a reminder of the importance of being careful of what you ask for...

Thanks to everyone who has been out to the farm this week—Amy and her friend for their weeding, Cesco for helping with irrigation, and all of the work share people who continue to make the farm function as well as it does.

If you have hours to work, or just want to come out, we have a few days coming up when extra hands would be helpful: Friday, July 10 and 17, and Tuesday, July 7 and 21. These are harvest days and are days that we will be short handed due to people being gone.

Please let me know if you think you might be able to help on one of these days. For those of you familiar with our summer vacation week—the 17th and 21st are those dates!

We were sorry to have to cancel the party on Saturday and hope that we have no interference for the August party. The strawberries are nestled in the freezer for making ice cream then!

Be well, Jennifer