

## What is in your box:

**Summer squash**

**Yellow onions**

**Cucumber**

**Carrots**

**Garlic**

**Eggplant**

**Salad box**

**Head lettuce**

**Salad box**

This is a taste of several items of which there aren't enough for a "whole" serving! At the bottom of the box are shelling peas, then nasturtium leaves, sugar snap peas, sungold tomatoes, and nasturtium flowers. *Everything* is edible—add them to your salad and enjoy the beauty of it! See the picture above to distinguish between the sugar snap and shelling peas. The snap peas can be eaten whole, and the shelling peas should have the shells removed and the individual peas can then be eaten.

**Carrots**

The carrots seem especially sweet this year...maybe because there aren't tomatoes?! In any event, we leave the tops on to show how fresh they are (and it is just pretty), but they will last longer if you take them off when you get them home. Just hold on to the greens where the rubber band is and twist. They should tear off and then the carrots can be kept in a plastic bag in the fridge and will last much longer. Some people eat the greens, try them. I confess that I find them bitter, so I compost

## Farm News

Hmmm, this week on the farm the focus has not been on vegetables, but on marriage! Two of our favorite workers from this year, one from two years ago, and a farm member are all getting married within the next two weeks! The beautiful flowers which have graced our fields all summer are destined for Rebecca's wedding, Cait has been out harvesting food for her wedding and there is a feel of celebration in the air (and the occasional moments of anxiety!). We wish them all the best as they venture into this new chapter in their lives.

In the fields the weeds are slowly getting under control (however, if you have a burning desire to pull weeds, feel free to stop by!), and there is the chance that summer is coming and we will get tomatoes after all! The heat during harvest yesterday was delightful, and brought with it hope for our summer crops, and the ripening of the fall and winter crops. It may also mean the end of the peas...but then we can enjoy the flavors of summer.

Our next farm party is scheduled for Monday, August 17 at 5pm. Hopefully we will have some heirloom tomatoes to taste, but if not, we will make the strawberry (or maybe raspberry...) ice cream which didn't happen in June! What a year. Somehow it will all work out and we hope that you will come and enjoy the farm, meet people, share food, and celebrate summer in whatever form it presents itself.

Have a wonderful week, be well, and feel free to stop by the farm,

Jennifer



Snap pea, shelling pea (left to right)

**Top ten changes:**

Extra cucumbers, squash

No eggplant

**EOW**—beets