

# CSA Newsletter



**Week 8:**  
**7/24/18 & 7/26/18**

## Box contents

### **Small share:**

2 lb. Red Norland potatoes  
1 head fresh garlic  
1 bag carrots  
1 zucchini  
3 cucumbers  
1 bunch dill  
1 bunch basil (+ extra if requested)

1 bunch Lacinato kale

(**Next up...** Potatoes, cucumbers, tomatoes, collards, lettuce? Beans?)

## Farm News

The boxes have been a little lighter these last couple weeks as we're transitioning from the spring peak into summer abundance. Part of the fun of a CSA is eating what's ready to harvest on the farm in a given week which means some fluctuation through the season. But don't worry – once summer crops are in full swing we'll be loading you up with tomatoes, peppers, and more before you know it! We're just starting to pick our cherry tomatoes and we have enough to share a first taste in the Regular shares this week. We're growing some favorites from past years – Sun Golds, Black Cherry, and Sakura. On a recommendation from a fellow farmer, we're growing one new cherry variety – Yellow Mini. We're finding them to be quite sweet; they might even rival Sun Golds for flavor. Once more tomatoes start ripening, we'll put tomato medleys in the boxes each week so you'll get a sampling of the 15 varieties we're growing. We'll update and send along our tomato guide shortly which will include photos and descriptions of the different types of tomatoes we're growing this year so you can identify the different varieties. Our winter squash is growing beautifully right now. There are loads of healthy green leaves and we're starting to spy some spaghetti squash and butternut squash growing. We enjoy having lots of squash to store and eat over winter, and of course it's always fun having a variety of edible and decorative pumpkins.

**Regular share additional items:**  
½ pint cherry tomatoes  
1 bunch parsley  
1 bunch cilantro

## Recipes & Storage Tips

### **Refrigerator Pickles (Classic Chilly Dillies)**

3 medium cucumbers  
½ T. pickling salt, sea salt, or kosher salt  
½ cup cider vinegar  
½ cup water  
1 head dill or small bunch dill leaves  
1 clove garlic  
2 black peppercorns

Cut cucumbers into spears or slices, as desired. (Optional: To increase crunchiness, sprinkle cut cucumbers with a couple tablespoons of salt and let sit for 2 hours; then rinse and drain.) Place dill in a quart jar, peel and crush the garlic clove, and drop add to jar along with peppercorns. Add in the cut cucumber. Mix salt, vinegar, and water in a separate container, and stir until the salt is dissolved; pour over the cucumbers and fill to the top of the jar. Screw on lid and refrigerate jar.

### **Red Garlic Dill Mashed Potatoes**

2 lb. Red Norland potatoes, cubed  
1 T. olive oil  
4 cloves garlic, diced  
1-2 T. butter  
½ cup milk  
1 T. sour cream (optional)  
1/3 cup fresh dill, chopped

*Salt and pepper, to taste*

Bring a pot of water to boil. Add potatoes, and cook for 15 minutes. Meanwhile, in a small pan, heat olive oil over medium heat. Add garlic, cook for 2 minutes, and set aside. Drain water from potatoes. Add butter, milk, sour cream (if using), garlic, salt and pepper to potatoes, and mash until they reach the desired consistency. Add dill and mix well.

**Tips:** *Dill:* Place stems in a cup of water (like a bouquet of flowers) in the fridge, or store in a damp towel and refrigerate. Best used fresh, but will last for up to a week; can be dried for long-term storage. The head can be used in pickles, such as in the recipe above. *Cherry tomatoes:* Store at room temperature in a ventilated space. Wash just before eating.