

Box Contents:

1 lb Artic Sweet White
Nectarines
1 ½ lb Royal Blenheim
Apricots
1 bu Beets
1 hd Cabbage
½ lb Loose Spinach
3 pcs Sweet Corn
¾ pint Gold Nugget or Sun
Gold Cherry Tomatoes

Field Notes: We are in the final throws of Spring as the Summer Equinox approaches on Thursday. This will be our last round of Spinach until October, though we should have the stouter kales and chards for another few weeks. We've had our first real round of 105F days so 95F feels like a break, especially with a breeze. The heat ushered in our first round of cherry tomatoes and the nectarines, with more of both to follow this summer. Full size tomatoes should hit by the first week of July. Our final round of tomatoes goes in the ground this week, due for October harvest. Melons are running well, covering the furrows with vines and filling bed tops with fruit for July. Welcome to Summer – the season of hot, sweet fruit.

Bulk Apricots: Call or email to check availability for next week! They are still \$25.00/10 lbs.

All July 4th Deliveries Will Shift to July 5th Wednesday deliveries to Vallejo and the East Bay will be made on Thursday July the 5th. If you have any questions, please contact the Farm.

Box Notes: Just look at that variety! We're pretty happy with ourselves, and we certainly hope to make you happy with this week's box. We have yellow or bicolor sweet corn for you. When the corn is this fresh, it's delicious raw – much like the shelling peas. Although, I would never turn down a grilled corn-on-the-cob, lightly coated with salted butter. The cherry tomatoes are delicious. This is the best quality we've seen in recent memory. The white nectarines don't look darling, but don't let appearances stop you from discovering their incredible sweetness. The Royal Blenheim apricots are picked with a rosy blush and a green shoulder. These heirlooms ripen up in a couple of days, so temper your ravenous desires. The following recipes are great for outdoor, summer dining. Enjoy the bounty and the beautiful summer evenings!

Arugula Salad with Raw Sweet Corn & Cherry Tomatoes from *The Zuni Café Cookbook* by Judy Rodgers

1 cup cherry tomatoes	1 small shallot finely diced
2 very young small ears sweet corn	Salt and black pepper
5 tablespoon extra-virgin olive oil	4 ounces arugula
1 tablespoon Champagne vinegar or white wine vinegar	

Stem, wash, and dry the tomatoes. Cut them in half.

Shuck the ears and remove all the silk. Trim the tip from each but don't break off the stalk; it makes a convenient handle. Holding the cob at an angle, use a sharp knife to slice off the kernels, positioning the blade flat against the ear and sliding it smoothly down the length of the ear. Aim for the base of the kernels, but try not to cut into the hard cob itself. Rotate the ear a little after each swipe, until you have harvested all of the kernels. Crumble between your fingers to separate any clusters.

Combine the oil, vinegar, shallot, and salt and pepper to taste. Make this vinaigrette low in acid, to allow the sweetness of the vegetables to define the salad.

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Place the arugula in a wide salad bowl and toss with enough vinaigrette to coat well. Taste. Scatter the tomato halves and corn kernels over the leaves, add the remaining vinaigrette, and fold to distribute. Taste again and correct the oil, vinegar, or salt.

Coleslaw with Buttermilk-Horseradish Dressing from *Vegetarian Cooking for Everyone* by Deborah Madison

**4 cups thinly sliced green cabbage,
about 1 pound**
**1 green bell pepper, finely
sliced or grated**

Salt
1 small onion, grated
Chopped Dill

for the Buttermilk Dressing with Horseradish

½ cup buttermilk
**½ cup yogurt, sour cream,
or mayonnaise**
1 tablespoon prepared horseradish
½ teaspoon wasabi or to taste

2 garlic cloves
Salt
¼ cup chopped parsley
**Fresh lemon juice or
white wine vinegar**

Combine the buttermilk, yogurt, and horseradish in a bowl. Dilute the wasabi in a little water, then whisk it into the yogurt mixture. Pound the garlic with ¼ teaspoon salt until smooth, then add the parsley and pound again just to bruise the herbs. Add this to the buttermilk mixture with lemon juice to taste.

Toss the cabbage, pepper, and onion in a bowl with ½ teaspoon salt. Toss with the dressing. Cover and refrigerate for 1 hour or until needed. Taste for salt and serve garnished with the chopped dill.

Avocado and Beet Salad with Citrus Vinaigrette from *Chez Panisse Café Cookbook* by Alice Waters

6 medium red beets
1 tablespoon red wine vinegar
1 large shallot, diced fine
1 tablespoon lemon juice
¼ teaspoon chopped lemon zest
1 tablespoon chopped chervil
2 firm, ripe avocados

Salt and pepper
Extra-virgin olive oil
2 tablespoons white wine vinegar
1 tablespoon orange juice
¼ teaspoon chopped orange zest
Chervil sprigs

Preheat the oven to 400 degrees.

Trim and wash the beets. Put them in a baking dish, add a splash of water, and cover tightly. Roast the beets in the oven for about 45 minutes, until they are cooked through.

When the beets are cooked, allow them to cool uncovered. Peel and cut them into wedges. Put them in a bowl, season generously with salt and pepper, add the red wine vinegar and 1 tablespoon of olive oil, and toss gently.

Put the shallots in a bowl and add the white wine vinegar, lemon juice, orange juice, and a pinch of salt. Let macerate for 15 minutes. Whisk in ¾ cup olive oil and stir in the chopped chervil, lemon zest, and orange zest. Taste for seasoning.

Cut the avocados in half lengthwise and remove the pits. Leaving the skin intact, cut the avocados lengthwise into ¼ inch slices. Scoop out the slices with a large spoon and arrange them on a platter or individual dishes. Season with salt and pepper. Arrange the beets over the avocado slices and drizzle with vinaigrette. Garnish with a few chervil sprigs.