

Box Contents:

2 lbs Early Girl Tomatoes
2 pcs Armenian Cucumbers
2 ears Sweet Corn
1 lb Summer Squash
1 lb Santa Rosa Plums
2 lb Yellow Finn Potatoes
1 hd Lettuce or
2 hds Baby Lettuce
1 bu Genoese Basil

Field Notes: The high heat in this first week of July will hopefully be all the penitence we pay for our deliciously comfortable June this year. The great lesson of a few days at or near 110F is that 100F feels like a vacation and 95F is almost cold. At 10:00pm on Sunday we are just slipping under the 80F mark. We only took one short day due to the heat this week (we also only worked a half day on the 4th) and we moved our morning start time to 5:30am to maximize the cool hours. Unfortunately we can only start so early until late July when the Sun comes up later, as we move toward the Autumnal Equinox. While we can start earlier and quit early (though that just leaves more to do in tomorrow's heat) the plants have to stand through the

heat. Above 100F we start to see tomato, pepper and eggplant flower abortion and plants seem to shrink as they shut down to conserve moisture. Extreme heat periods have lasting effects on plant health and overall yields, due to aborted flowers, sunburned leaves and fruit and reduced plant vigor. Watermelons and alfalfa are the only plants around here that seem to keep growing during extended periods above 105F. That said, we hope to have enough melons ripe by next week to put them in your boxes. I'll be very surprised if we don't have some for farmers' markets this week. We start transplanting leeks this week and will be waiting for a week of predicted highs below 100F so that we can get some carrots seeded for Fall harvest. Often this break doesn't come until August, but we are always eager to get another crop of carrots started.

Early Girl Tomatoes are available in a 20 lb case for \$30.00. Please place your order by Sunday evening for the following week. Great for fresh eating, canning or freezing

Box Notes: The pastel-green, ribbed vegetable in your box is the Armenian cucumber. It is milder in flavor and not as juicy as some of the other cucumber varieties, but the lack of bitterness brings out its subtle sweetness and the crisp texture makes it a refreshing snack. You don't need to peel the skin, as it is not waxy and tough as might be found on other types of cucumbers. The hot nights are great for the ripening of tomatoes, especially our Early Girls. The Genoese basil can be used to complement the tomatoes, however, this Italian variety, with its deep green color, full flavor, and aroma, is perfect for pesto. Check out the recipe below. One of my favorite appetizers is battered and deep-fried summer squash; it's a crowd pleaser, especially at outdoor gatherings. The Santa Rosa plums are from our small orchard. We have yellow sweet corn for you this week. Stalks are yielding larger ears and we've been holding back the worms fairly well, but if you find one consider yourself lucky for a worm makes a wonderful pet. We included our first harvest of globe eggplants as a bonus. Good eats and enjoy the summer produce!

Pesto from *Essentials of Classic Italian Cooking* by Marcella Hazan

2 cups tightly packed fresh basil leaves	2 garlic cloves, chopped fine before putting in the processor
½ cup extra virgin olive oil	Salt
3 tablespoons pine nuts	3 tablespoons butter, softened to room temperature
½ cup freshly grated parmigiano-reggiano cheese	
2 tablespoons freshly grated romano cheese	

1. Briefly soak and wash the basil in cold water, and gently pat it thoroughly dry with paper towels.
2. Put the basil, olive oil, pine nuts, chopped garlic, and an ample pinch of salt in the processor bowl, and process to a uniform creamy consistency.
3. Transfer to a bowl, and mix in the two grated cheeses by hand. It is worth the slight effort to do it by hand to obtain the notably superior texture it produces. When the cheese has been evenly amalgamated with the other ingredients, mix in the softened butter, distributing it uniformly into the sauce.
4. When spooning the pesto over pasta, dilute it slightly with a tablespoon or two of the hot water in which the pasta was cooked.

Squash Fans on an Onion Bed from *Vegetarian Cooking for Everyone* by Deborah Madison

¼ cup olive oil	Salt and pepper
1 large red or yellow onion, thinly sliced	2 summer squash
2 bell peppers, 1 red and 1 yellow, thinly sliced	2 plump eggplants, 5 to 7 inches long
4 tomatoes, halved and sliced crosswise 3/8 inch thick	1 teaspoon chopped thyme or several thyme sprigs
1 tablespoon chopped marjoram	2 bay leaves
1 cup dry white wine	12 Nicoise olives, pitted
	4 garlic cloves, thinly slivered

Heat 2 tablespoons of the oil in a large skillet over medium heat. Add the onion, peppers, and herbs and cook, stirring occasionally, until lightly browned, 8 to 10 minutes. Add ½ cup wine, simmer for 5 minutes, then season with ½ teaspoon salt and plenty of pepper. Put the onion mixture in a baking dish large enough to hold the vegetables in a single layer.

While the onions are cooking, slice the squash and eggplants lengthwise in half. Placing the cut side on the counter, make two incisions starting about ½ inch below the stem end, dividing the vegetable lengthwise into three even pieces. Work the tomatoes into the spaces and stuff the empty spots with olives and slivers of garlic. (Add any leftover tomato, olives, or garlic to the onions.) Run two toothpicks through the end of each vegetable to hold everything together, then set the stuffed vegetables on the onions. Brush with the remaining oil and pour the rest of the wine over all.

Preheat the oven to 400 degrees. Cover the dish with foil and bake until the vegetables are tender when pierced with a knife, about 45 minutes for the squash, slightly longer for the eggplant. Serve warm or tepid with the onions and peppers.

Cucumber and Yogurt Salad from *Vegetarian Cooking for Everyone* by Deborah Madison

2 cups yogurt, preferably whole milk	2 garlic cloves
2 small or 1 large cucumber, diced	2 teaspoons chopped mint
Salt and pepper	2 teaspoons chopped dill
2 to 3 teaspoons white wine vinegar	1 tablespoon extra virgin olive oil

Set the yogurt to drain for 30 minutes. In a colander, sprinkle the cucumbers lightly with salt and drain for 30 minutes.

Squeeze the cucumbers and blot with a towel. Pound the garlic with a few pinches of salt in a mortar until smooth. Combine the yogurt, cucumbers, garlic, and herbs, then season with a little pepper and the vinegar. Taste for salt, drizzle the oil over the top, and serve.