

**Box Contents:**

2 lbs Orange Blossom &  
Early Girl Tomatoes  
1/3 lb Green Beans  
1½ lbs Huckleberry Potatoes  
3 ears Sweet Corn  
3 Green Slicing Cucumbers  
2 lbs Red Onions

**Field Notes:** Our tomato harvest is well underway. Early Girl, red slicers, Roma, orange blossom, and a few of the heirloom varieties are flowing in steadily. Last week's heat wave damage some fruit of certain varieties, but the overall impact appears to be for the good, as the warm nights aided the ripening and enhanced the flavor of our tomatoes. Our potato harvest is in full swing, and we're busy binning several varieties of potatoes. We have also started to harvest melons and watermelons! Look for

melons to appear in your box in the near future. We followed a daunting, and often dizzying, schedule of seeding and planting back in April and May. It's time for us to reap what we have sown (easier said than done!), and we're hoping for a bountiful summer harvest. Summer is also time for peach harvest, and our friends, Annie & Jeff Maine of Good Humus, are throwing their annual Peach Party!

**Good Humus Peach Party, August 2<sup>nd</sup>:** The annual Good Humus Peach Party will be on Saturday, August 2<sup>nd</sup>. The party starts at 11:00am with food prep (peach salsa, ice cream, pizza, pie...), followed by a potluck dinner, and runs 'til 11:00pm. This is a great, free event for the family. It is an evening of tired farmers, good music and great food.

**Directions to Good Humus:** Turn right off of Hwy 16 in the town of Capay onto Rd 85, go four miles and then turn left on Road 15B, go one mile to a right turn on to 84A. Good Humus Produce is on the NE corner of 15B and 84A.

**Box Notes:** It takes us a good deal of time to handpick Blue Lake green beans, but we think the flavor of younger beans is superior to those that have been left on the bush a little longer for machine harvest. They're great snacks raw, but I prefer them stir-fried with garlic. Contrary to last week's box notes, Orange Blossom is not an heirloom variety. They are an early hybrid, much like the Early Girl tomatoes, and ripen well before other varieties are ready. Huckleberry potatoes have a pinkish hue inside and have a sweet flavor. It takes some care, but grilled, lightly charred slices of Huckleberry potatoes are delicious. Coat them with olive oil before placing on grill. Although most of the samples we tasted do not have bitter skin, some do. So, I recommend peeling the skin of the slicing cucumbers. We're pretty happy with the corn harvest thus far, but we want remind folks that with organic corn, you're likely to find a critter at the tips. Good eats, everyone!

**Warm Pasta Salad with Peppers, Tomatoes, and Purple Basil** from *The Greens Cookbook* by Deborah Madison with Edward Espe Brown

**12 ounces cherry tomatoes, quartered**  
**3 tablespoons shallots, finely diced**  
**½ cup Nicoise or Gaeta olives, pits removed**  
**2 narrow strips lemon peel, slivered to fine threads**  
**Lemon juice or red wine vinegar, to taste**  
**½ cup finely chopped herbs: marjoram, thyme, lemon thyme, parsley, basil, etc.**

**2-3 tablespoons small capers, rinsed**  
**1½ cups mixed peppers, thinly sliced**  
**6 tablespoons virgin olive oil**  
**8 to 12 ounces dry pasta shapes**  
**Salt and Pepper**  
**4 Tbsp. Parmesan Reggiano, freshly grated**  
**Small, whole purple basil leaves, for garnish**

Combine the tomatoes, herbs, capers, shallots, peppers, olives, olive oil, and lemon peel in a large bowl. Season with salt and some freshly ground black pepper, stir, and let stand while you cook the pasta.

Bring a large pot of water to a boil and add a tablespoon of salt. Add the pasta and give it a stir so the pieces do not clump together on the bottom of the pot. Cook until it is al dente; then drain it in a colander and shake off the extra water. Add the hot pasta to the vegetables and herbs, and gently fold everything together with a rubber spatula. Season with additional salt, if needed, and lemon juice or vinegar to taste. Just before serving, garnish with the cheese and basil leaves. Serve hot, warm, or at room temperature.

**Sautéed Green Beans with Parmesan Cheese** from *Essentials of Classic Italian Cooking* by Marcella Hazan

**½ pound fresh green beans**

**1/8 cup freshly grated parmigiano-reggiano**

**Salt**

**1 tablespoons butter**

**1 clove garlic, peeled and finely minced**

Trim and boil the beans until just tender, then drain.

Put the beans and the butter in a skillet and turn on the heat to medium. As the butter melts and begins to foam, turn the beans to coat them well. Add the grated cheese, turning over the beans thoroughly. Taste a bean and correct for salt. Turn them over once or twice again, transfer to a warm platter, and serve at once.

**Cucumber and Tomato Salad** from *The Ecuador Cookbook* by Christy Buchanan and Cesar Franco

**1 onion**

**1 cucumber, trimmed**

**½ teaspoon salt**

**1 tablespoon fresh lime juice**

**½ tablespoon fresh limejuice**

**1 tomato, wedged**

**1 teaspoon minced cilantro**

*Cure onion with ½ Tablespoon limejuice as follows: Cut onion in half and slice each half as finely as possible so you have thin strips. Rinse strips. Thoroughly rub salt into onion. Marinate for at least 10 minutes. Rinse onion strips several times to remove excess salt. Squeeze out water. Add limejuice. Marinate at least 10 more minutes.*

Cut cucumber in half lengthwise. Remove seeds, if desired. Slice into thin half moons. Mix everything together and serve.

**Cucumber Salad with Mint** from *The New Book of Middle Eastern Food* by Claudia Roden

**1 cucumber, sliced very thinly**

**Sea Salt**

**3 tablespoons extra-virgin olive oil**

**2 tablespoons lemon juice or**

**1 tablespoon wine vinegar**

**1 teaspoon orange blossom water, or to taste**

**1 tablespoon crushed, dried mint leaves**

*The fragrance of mint goes well with cucumber.*

Sprinkle the cucumber generously with salt, rinse, and leave to drain in a colander for ½-1 hour. The salt will run away with the water, but if the cucumber is still too salty, rinse and drain before mixing with the rest of the ingredients.