

Box Contents:

½ lb of Gypsy Peppers
2 lbs Mixed Heirloom Tomatoes
1 Globe Eggplant
1 Green Slicing Cucumber
3 pcs Sweet Corn
2 lbs White Peaches
1 Musk Melon or Cantaloupe
1 Mickey Lee Watermelon

New Site in Concord

We have opened a new site in Concord. Those who wish to change site and receive deliveries in Concord, please contact the farm for the address.

Peach Party, August 4th: The annual Good Humus Peach party will be on Saturday, August 4th. Festivities start at 11:00am with food prep (peach salsa, ice cream, pizza, pie...) followed by a potluck dinner and run 'til 11:00pm. This is a great, low key and free family event. 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.

Monthly Payment Reminder: Payment due the first week of August

Payment for four Thursday (Napa and Yolo Counties) deliveries in August is \$64.

Payment for five Wednesday or Friday (East Bay and Sacramento) deliveries in August is \$80.

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: Among watermelons, the red Mickey Lee watermelon is the most flavorful. It makes a delicious batch of watermelon *agua fresca*. Gypsy peppers are thin-walled and extremely sweet. These peppers are wonderful to eat raw or cooked. They make delicious additions to omelets, sautéed vegetables, or salads. Eggplants can be prepared in a variety of ways. Grilled, baked, or stir-fried, the creamy texture of a cooked eggplant is a delight. We're starting to find some plump friends in our corn. Don't be shy about disturbing these cuties. Simply trim away the occupied portions and enjoy the juicy sweet corn. Good eats!

Watermelon with Mint, Lime, and Feta from *Vegetarian Cooking for Everyone* by Deborah Madison

A sweet-salty-tart fruit salad that is enormously refreshing-and quite surprising. Feta is quite often salty, but the Israeli cow's milk feta is very mild.

1 pound watermelon

¼ cup diced mild feta or string cheese

Juice of 1 lime

Salt and freshly milled pepper

1 tablespoon chopped mint leaves, plus whole sprigs for garnish

Seed the melon and cut into bite-sized pieces. Arrange them on plates and sprinkle with the chopped mint and feta. Season with the limejuice, a pinch of salt, and freshly milled pepper. Serve garnished with sprigs of bright green mint leaves. Serves 2.

Chili con Elote from *Laurel's Kitchen* by Laurel Robertson, Carol Flinders, and B. Ruppenthal

The chili powder here is just enough for flavor without fierceness. If chili without tears isn't chili to you, use more or add cayenne.

1 onion, chopped

1 clove, garlic

2 tablespoons oil

1 green pepper, diced

1 teaspoon chili powder

1 teaspoon cumin powder

1 cup chopped tomato

1 cup fresh corn

4 cups cooked kidney, black, or pinto beans

1 ½ teaspoons salt

1 teaspoon oregano

Sauté onion and garlic clove in oil until onion is soft. Crush garlic clove. Add green pepper and spices. Sauté another 2 or 3 minutes. Add tomatoes and corn if you have it. Mash 2 cups of the beans and add to pot along with whole beans and salt and oregano. Simmer 30 minutes. Serves 6.

Eggplant Salad from *Classic Armenian Recipes* by Alice Antreassian and Miriam Jebejian

1 eggplant, about 1 ½ lbs

¼ cup diced green pepper

½ cup minced onion

2 tablespoons chopped parsley

¼ cup lemon juice

Garnish: Black olives

1 cup diced ripe tomato

¼ cup diced red pepper

2 cloves garlic, mashed

1/3 cup olive oil

¾ teaspoon salt

1. Wipe the eggplant clean with a damp cloth. Cut eggplant in half lengthwise. Pierce skin side in a few places with the point of a knife. Brush cut sides with oil. Place cut side down on shallow broiler pan. Have broiler pan 3 inches from flame. Broil until skin blisters and pulp is soft throughout. About 10 minutes.
2. When cool enough to handle, peel off skin and cut pulp into small pieces and place in a bowl.
3. Add remaining ingredients, except the olives, and carefully mix. Taste to adjust seasoning, then refrigerate at least 2 hours before serving.
4. Stir gently, then spoon into individual dishes, garnishing with olives. Yield: 4 servings.

Fresh Fruit Tart with Coconut Oil/Butter Pie Crust from *The Best of Bloodroot Vol.1&2* by Selma Miriam and Noel Furie with Lagusta Yearwood

For the pie crust:

6 cups pastry or all-purpose flour

¾ lb unsalted butter

¼ cup coconut oil

1 teaspoon salt

1 cup water

1 to 2 tablespoons more water

1. Place flour and salt in a mixer. Bend with a flat beater. Turn off.
2. Dice butter and add to mixer. Turn on a blend until flaky stage. Turn off.
3. In a 2-cup measure, combine 1 cup water and the coconut oil. Add to mixer and blend. If mixture is dry, add 1-2 tablespoons more water. Don't over beat. Chill before using.

For the tart:

2-3 tablespoons sugar

¼ teaspoon cinnamon or cardamom-optional

4 cups of fruit-peaches, blueberries, cherries, plums, etc.

Preheat Oven to 375*.

3 tablespoons cornstarch

½ teaspoon salt

1. Stir together the sugar, cornstarch, salt, and if you wish, cinnamon or cardamom. Set Aside.
2. Prepare the fruit. For peaches, remove pits and slice. Use a slotted spoon to mix the fruit with the cornstarch and sugar mix. If it tastes too sweet or too bland, add a little lemon juice and rind.
3. Roll out the crust and place it into pie pan. Line the crust with foil and place beans on top to weigh it down. Prebake for 6-8 minutes. Remove foil and beans. Add fruit. Lay strips of crust on top if desired in a lattice pattern. Continue baking until edges of crust look brown. Remove and cool.
4. If you like, serve with whipped cream or as is.