

Box Contents:

1 lb Blue Lake Green Beans
¾ lb Summer Squash
1 lb Gypsy Peppers
1 pc Green Slicing
Cucumber
2 lbs Red Onions
1 Charentais French
Cantaloupe
1 Galia Melon
1 ½ lb White Peaches

Field Notes: Monday morning broke like a day on the coast – overcast and cool. We didn't break 80 until the sun came out mid morning. It was a welcome break from a week of 100-1005F. We transplanted through last week's heat, setting out leeks, broccoli, cabbage, cauliflower and winter chicories. This week we will continue with basil and more brassicas. We are also seeding the last rounds of summer squash and cukes while the winter squash and last melons are running out and covering bed tops and furrows alike. We start seeding beets and carrots in the cool of this week – though last week would have been perfect as they would have these glorious 90F days to germinate in.

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: Making this season's veggie box debut are the Blue Lake green beans. Our main plantings have come on and we are harvesting beautiful beans in abundance. This week's box also features the Charentais melon. Not only is the Charentais joyously fragrant, this specialty melon is sought after for its caramel sweetness. The Charentais is also known for being easily bruised and therefore often picked too green. Your Charentais will have some bruises or other cosmetic blemishes. We pick them very ripe to ensure full flavor – the best Charentais have begun to split at the stem scar. It's not just a dessert melon, however. Many restaurants request this melon to pair with prosciutto. Oh, Charentais! You are so complex... The other melon in this week's box is Galia. It is a milder melon than a cantaloupe or honeydew, but the Galia isn't a lesser melon. Chilled, the Galia can freshen your afternoon. Thank you for the enthusiastic feedback about our white peaches. This is the last week of their availability. Enjoy the fruity sweetness! Tomatoes will be back next week, don't worry!

Spicy Green Beans from *Laurel's Kitchen* by Laurel Robertson, Carol Flinders, and Brian Ruppenthal

1 clove garlic, studded with 2 whole cloves
½ onion, chopped
1 small tomato, peeled and diced
1½ teaspoons cider vinegar
¼ to ½ teaspoon salt
1/8 teaspoon cinnamon

scant ½ cup water
bay leaf
¾ lb green beans, cut into
1-inch pieces

Bring water, garlic, onion, bay leaf, tomato, and green beans to boil. Cover pan and simmer over low heat for about 15 minutes, or until the beans are tender. Remove garlic and cloves and stir in vinegar, salt, and cinnamon. Cook uncovered, for 2-3 minutes.

Summer Squash Latkes from Fay Davidson

2 medium or 4 small summer squash
2 eggs
2½ tablespoons flour
Freshly ground pepper
A pinch of sugar
2 tablespoons grapeseed oil

1 small onion
2½ tablespoons cornmeal
½ teaspoon salt
A pinch of baking powder
2 tablespoons butter
Sour Cream on the side (optional)

Grate the squash in a food processor or by hand. Grate the onion. Turn into a colander in a sink and let drain for five minutes.

Beat the eggs in a bowl large enough to hold the squash mixture. Squeeze squash handful by handful and discard exuded moisture. Add squeezed squash to the eggs. Add the cornmeal, flour, salt, pepper, baking powder, and sugar. Stir all together and refrigerate until ready to serve.

Heat 2 tablespoons butter and 2 tablespoons grapeseed oil in a frying pan. Use a fork to pat out small pancakes (about 3 inches across) and fry until brown on one side. Turn with spatula, pressing down on the latke to flatten it.

Serve 3 latkes per diner with sour cream on the side.

Rishta bi Laban wa Bassal (Tagliatelle with Yogurt and Fried Onions) from *The New Book of Middle Eastern Food* by Claudia Roden

3 large onions, cut in half, then into thick slices

14 ounces tagliatelle

1 quart plain whole-milk yogurt at room temperature

3 – 4 tablespoons extra-virgin olive oil

3 cloves garlic, crushed

Salt

1 teaspoon sumac

In a large saucepan, fry the onions in the oil, covered, over very low heat, until golden, stirring often. Add the garlic and cook moments more, until it begins to color. Turn off the heat. Heat through when you are ready to serve.

Boil the tagliatelle in salted water until done al dente.

Beat the yogurt with a little salt. Serve the tagliatelle directly on the plates. Pour the yogurt on top and sprinkle with fried onions and a dusting of sumac.

Cacik (Yogurt and Cucumber Salad) from *The New Book of Middle Eastern Food* by Claudia Roden

1 medium cucumber, diced or cut into half-moon slices

1 clove garlic (optional)

1 sprig of mint, finely chopped, or ¾ tablespoons crushed dried mint,

1 sprig of dill, finely chopped

1 cup plain whole-milk or thick strained Greek Yogurt

White pepper

Peel and dice the cucumber, or cut them in half lengthwise, then into half-moon slices. Unless the salad is to be served immediately, sprinkle with plenty of salt and leave for 1 hour in a colander for the juices to drain.

Beat the yogurt in the serving bowl with the garlic, mint, and pepper. Rinse the cucumber of excess salt, drain, then mix into the yogurt. Add a little salt, if necessary.

Peach Sundae from *The Best of Bloodroot* by Selma Miriam and Noel Furie

3 cups peeled, sliced fresh peaches

¼ cup sugar

1/3 cup high quality fruit juice

Homemade Whipped Cream: 1 cup heavy cream beaten stiff with 1 tablespoon sugar and ½ teaspoon vanilla extract.

½ cup summer berries, optional

dash of cinnamon

Vanilla Ice Cream

Place the fruit, sugar, cinnamon, and fruit juice into a pot. Cover and simmer 5 minutes, or until fruit is tender. Cool and chill.

Serve the fruit sauce over vanilla ice cream and top with homemade whipped cream.