

Subject: Survey and Farm Nesletter Week of July 9-14th

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Conversation: Survey and Farm Nesletter Week of July 9-14th

The cucumbers and summer squash are now beginning to come in! We will be slowly giving out cherry tomatoes as they are beginning to come in too! If you get a large zucchini use it to make zucchini bread or marinate in olive oil and herbs and grill.

Due to the incredible growing conditions, everything is growing faster than usual and it is hard to keep up with all there is to do. If anyone wants to come out to lend a hand, please give me a call or send an email. Thanks!

A reminder to please put your basket where your next one is dropped off. If you receive cut flowers please return jars as well. Thank you! Many of you have expressed that the quantity of greens are overwhelming. The greens will be slowing down for the season as fruits begin to come in.

I created quick (6 or 7 questions) early season survey that you can fill out online to get feedback on the early season baskets and vegetables. Keep in mind fruits and roots are on there way and we are less than a 1/4 through the season. Thank you for the time for any feedback you can give. http://www.surveymonkey.com/s.aspx?sm=Ty42cWBEoBPSyBe7bw34YA_3d_3d <http://www.surveymonkey.com/s.aspx?sm=Ty42cWBEoBPSyBe7bw34YA_3d_3d>

This week's harvest:

-Mesclun, Lettuce, Chinese Cabbage?, Radishes, Snap peas, Snow Peas, Kale, Summer squash?, Cukes, Parsley or other herbs, (Baby Carrots or Beets), Scallions, Chinese Cabbage

Kale/Mango Smoothie submitted by Jamie Hupfer "even my kids like it!"

Equal part Kale and Frozen Mango

Cinnamon to taste and Water. Put it all in the blender...So easy and so good.

You can also make a Kale Pesto substituting Kale for basil.

Did You Know...

Tracie's farm grows TWO different types of peas, and you can eat them whole (pods and all). No need to shell them!

- *Snap peas* are generally shorter and stout. When ripe the entire pod should be round and plump.
- *Snow peas* are usually longer and flat. You can more easily see individual peas inside the pod.

When peas are over ripened the pod has a slightly more yellow tinge and will taste starchy and dry. However, the peas inside are still sweet and delicious. Shell these peas instead of using them whole.

(Insert by Meg Fairchild-Thanks Meg!)

Next week's harvest: Mesclun, lettuce, cukes, snap peas, chard, summer squash, radishes, cilantro, let me know if you'd like any particular herbs for next week. There is almost always basil, thai, lemon or lime basil, parsley, rosemary, oregano, lemon balm, mint, dill, chives, sage, and winter savory available.

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