



## SUMMER HAS ARRIVED!

We had no complaints earlier this week when the mercury shot up to the mid-90s for the first time this summer (hard to believe!). And while we were a bit nervous about the potential for severe weather on Monday night, we were quite relieved to find that not a drop had fallen by the next morning. Today, MPR's chief meteorologist Paul Huttner claimed that this is the most continuous number of dry days in eleven months. Wow!

While these ideal growing conditions bring a smile to our face, no crops are happier than the summer squash and cucumbers. Although a couple weeks behind schedule, the plants and fruit are catching up to where they should be. So, pull out your favorite squash and cuke recipes because we will have plenty more in the coming weeks. The second succession is looking quite nice, and it certainly feels good to have new, more seasonal, items to add to the CSA box this week. Now, we can hear the quiet murmurs asking about tomatoes and peppers, and we are happy to report that there are lots of green ones out there (and one tiny ripe Sungold Cherry Tomato that Megan selfishly enjoyed as soon as she saw it...shhhh don't tell Adam!). Conditions for ripening tomatoes has very little to do with light and more to do with temperatures hanging in the 75-80° range. So in a couple weeks, we might start seeing cherry tomatoes in the box with slicers following at the end of August.

With the dry weather, we were finally able to get 1200 row feet of carrots seeded and were quite happy to irrigate them after several plantings were washed out in the torrential rain storms earlier this season. We project that in another two to three weeks that a big volunteer carrot weeding day will be on the calendar. Stay tuned. Adam's dad Randy spent Saturday at the farm helping plant fall broccoli and cauliflower, weed-whip the fence-line, and mow. With those to-do list items completed and a thorough cultivation with Belle on Sunday morning, we feel really good about the state of the farm right now.

### A NOTE ABOUT THE GREEN BEANS

This week you will find a cloth bag of green beans in your box. These beans were harvested from Threshing Table Farm, a CSA farm in Star Prairie, WI. Many farmers around the region are experiencing difficult growing conditions this season, Sweet Top Farm included. Unfortunately, our first succession of green beans was a loss due to the torrential downpours we have been having, and our friends Mike and Jody happen to have an overabundance of beans this week. Since it is likely that we won't have beans for a few more weeks, we took them up on their offer to pick the extras. Enjoy this delightful taste of summer! Remember that the cloth bag they are in is handmade by Megan's Grandma Joan and should be returned with your CSA box next week.

### FLOWER SHARES STILL AVAILABLE

Flowers are starting to bloom beautifully right now, and we want to share our bouquets with you. We are offering a Flower CSA Share again this season. There has been some interest in a four week share also, so there are now three options for flower shares (details below). **Please respond by email** with the share you would like as well as the corresponding dates. **We will prorate shares that are starting late.** As the season progresses, the variety of flowers in your bouquet will change and become more abundant--just like with your CSA vegetable share. Locally grown and harvested flowers last longer and you can truly enjoy what is in season in your own backyard.

#### 8-week Flower Share July 23-September 10

- delivered every week to your dropsite (half share members are responsible for picking up a bouquet every week)
- \$87.50 (prorated)

#### 4-week Flower Share July 23-August 13 **OR** August 20-September 10

- delivered every week to your dropsite (half share members are responsible for picking up a bouquet every week)
- \$55 (\$41.25 prorated for first 4-week share)

Enjoy this week's harvest!

Your Farmers,  
Megan, Adam, and Edith

In Your Box This Week:		
	Where does it go?	
	Fridge?	Plastic Bag?
<b>CUCUMBER</b>	yes	yes
Yippee! There are plenty more cucumbers to come, but we had enough for everyone to get one this week.		
<b>SUMMER SQUASH</b>	yes	yes
Hooray! Two summer squash (yellow with green tips) and maybe a zucchini (green) to enjoy this week. Just the start of harvest, so there will be many more in the coming weeks.		
<b>GREEN GARLIC</b>	yes	no
This is fresh garlic, not cured, which is what you will get from us later in the season when the skin has turned papery. It will need to be stored in the fridge until used up, and is quite strong—a little goes a long way!		
<b>ROMAINE LETTUCE</b>	yes	yes
A new succession of lettuce, and this romaine is very tender and a beautiful green. The salad days are about over until later in the season, so enjoy them while they last.		
<b>SWISS CHARD</b>	yes	yes
Stems and leaves are edible. A nice bunch of chard; however, due to the high winds and rains, some of the larger leaves appear "shredded". It is still just fine to eat.		
<b>GREEN KALE</b>	yes	yes
Do you make smoothies? Wash your kale, strip it off the stem, and freeze it. Add it to your smoothies to thicken and give a boost of nutrition.		
<b>GREEN LEAF LETTUCE</b>	yes	yes
This is the last of the lettuce until fall.		
<b>SCALLIONS</b>	yes	yes
A wonderful addition to just about anything. Great in this week's recipes for Lettuce Wraps. Use the whites and the greens, cooked or raw.		
<b>BROCCOLI</b>	yes	yes
Only some boxes will have broccoli. This spring succession (yes, spring) only made small heads, and we might see side shoots in the coming weeks. Don't worry, the "fall" broccoli is only about a month away.		
<b>GREEN BEANS</b>	yes	yes
From Threshing Table Farm, a CSA farm in Star Prairie, WI.		

# Recipes

## Chard, Kale, and Feta Quiche

From your box: Chard, Kale, Garlic

*We keep frozen pie shells in our freezer for nights when we need a quick but filling meal. Quiche and salad is perfect for a summer evening and the options are endless.*

In a small bowl, whisk:

- 4 Eggs
- ½ cup milk
- Salt and pepper
- 2 cloves minced garlic

Sauté thoroughly chopped chard and kale together until wilted and bright green. Add ¼ cup chopped Kalamata olives. Sprinkle crumbled feta on bottom of frozen quiche crust. Pour greens and olive mixture over feta and press down. Pour egg mixture over greens. Bake at 350° for 30-35 minutes until eggs are set and a knife comes out clean. Cool on a wire rack for 15 minutes.

## Garlic Salad Dressing

From your box: Garlic

- 1 small heads garlic, separated into cloves
- ¼ cup reduced-sodium chicken broth, or vegetable broth
- 1 ½ tablespoons white-wine vinegar, or cider vinegar
- ¾ tablespoons extra-virgin olive oil
- ¾ teaspoons Dijon mustard
- 1 anchovy fillets, rinsed and patted dry
- Salt & freshly ground pepper, to taste

Bring unpeeled garlic cloves and broth to a simmer in a small saucepan over medium-low heat. Reduce heat to very low, cover and cook until the garlic is tender, about 15 minutes. Remove the garlic with a slotted spoon to a plate to cool for 2 minutes, reserving the cooking liquid. Add enough water to the cooking liquid to measure 1/8 cup.

Squeeze the cooled garlic pulp out of the skins into a blender or food processor. Add the reserved cooking liquid, vinegar, oil, mustard and the 1 anchovy; process or blend until smooth. Season with salt and pepper.

*Adapted from Eating Well*

**Other recipes on our website using vegetables from this week's box:**

[Quick Pickled Dilly Beans](#)

[Chard with Feta and Lamb](#)

[Kale Caesar Salad](#)

[Tzatziki](#)

[Cucumber Salad](#)

**Eat Well, Feel Great!**



Edith's favorite farm kitty making herself at home in the greenhouse.