

Hi everyone,

Well, I don't know about you but this heat has drained all of us and by the end of the day something light to eat sounds perfect. So I have included a few recipes this week for light cooking. It is so exciting now to have everything coming on now. Rick tells me that the corn is about 10 days out along with the watermelon. The only thing that is dragging their little feet are the tomatoes. They never come quick enough. It seems that if we can have basil, then the tomatoes should be ready too!!!! Sorry to say another couple of weeks off. So meantime, we will enjoy cucumber salads with onions until the tomatoes come on.

What is in the box this week:

Full Box:

A variety of summer squash
Cucumbers
Green Onions
Arugula
Lettuce
Melon
Herb
Sweet Italian Basil
Carrots
White Peaches

Lite Box

A variety of summer squash
Cucumbers
Lettuce
Herb
Sweet Italian Basil
White Peaches
Cabbage
Melon

We have a few trombone squash ready. For those of you that have them in your box this week, enjoy!!! They are my absolute favorite. They are best sautéed with olive oil or butter, toss some basil in last minute then sprinkle with parmesan cheese. The best!!! There are 3 types of herbs this week. Some of you will receive lemon balm (very lemony), some lovage (tastes and smells like celery) and parsley. Some of you will receive the little pickling cucumbers. They are great sliced up in salads. Some of you will receive a long green cucumber which is an Armenian cucumber. Others of you will receive a regular slicing cucumber or white cucumber (yes a white cucumber) which is called a Boothby Blonde. It is an heirloom believe it or not!!! None of these cucumbers need to be peeled. Just wash and slice. The arugula is extra spicy and extra hot. It is great in sandwiches. If you do not care for it, I highly suggest you pass it on to someone that does. The lettuce is not the prettiest but we are still eating it so we thought we would give you one more round. Don't forget to wash the broccoli well. We have quite a bit of butterfly action on the farm. If you soak the broccoli in salt water first, that will help remove a lot of unwanted little pests!!! Your peaches are white peaches this week. Enjoy them. They are a treat. The full box will receive a Sarah's Choice melon or a Fastbreak. The lite box will have the mini-loupes. All are hybrids and are excellent melons. They will be ok to sit on the counter for a few days. Enjoy! The little onions are cute. We have purple and white little pearl onions. Chop them and add them to a salad, a stir fry, or boil them and add butter. This week I have discovered yet one more recipe to add to my collection of "1,001 recipes for zucchini". One of our own basket subscribers shared her recipe for zucchini pickles. She slices them into spears and cans them just like cucumbers. You will need white vinegar and plain canning salt. I know I am leaving you hanging, but I will give you the recipe next week. Rick just popped in and had a handful of beautiful eggplant. Wont be long!!! As for now, happy cooking and stay cool.

Down on the Farm Recipes

Summertime Orzo & Chicken

3/4c. uncooked orzo pasta
1 cucumber, chopped
1/4c. fresh parsley, lovage, or lemon balm
1 tbl olive oil
1/4c. crumbled feta cheese
1 lb. chicken breasts, cut into 1" pieces
1 small onion, chopped
2 tbl. lemon juice
1 tsp. salt and 1/4 tsp. pepper
Cantaloupe, cut into small cubes

Cook pasta. Meanwhile, cook chicken. In a large bowl, combine the cucumber, onion, parsley and chicken. Drain pasta; stir into chicken mixture. In a small bowl, whisk the lemon juice, oil, salt, and pepper. Pour over chicken mixture; toss to coat. Add cantaloupe last minute just before serving. Then sprinkle with cheese.

Campers' Coleslaw

1 1/2c. sugar
3/4c. olive oil
1 tsp. celery seed
1 onion, chopped
3/4c. white vinegar
3 tsp. salt
1 medium head cabbage, shredded
1 green pepper, chopped

In a small saucepan, combine the first five ingredients; Bring to a boil; boil for 1-2 minutes or until sugar is dissolved. Remove from the heat; cool to room temp. In a large bowl, combine the cabbage, onion and pepper; add dressing and toss to coat. Refrigerate until chilled.

Peach or Nectarine Barbecued Cornish Hen

2 medium peaches, peeled and sliced
2 tsp. thawed orange juice concentrate
1/8 tsp. chili powder
1 tsp. olive oil
1 cornish game hen, halved lengthwise
2 tbl. ketchup
1 tsp. sugar
2 tbl. finely chopped red onion
1 clove garlic, minced
1/4 tsp. salt and 1/8 tsp. pepper

In a food processor, combine the first five ingredients; cover and process until smooth. In a small skillet, sauté onion in oil until tender. Add garlic; cook 1 minute longer. Stir in peach mixture and bring to a boil; cook and stir for 1 minute. Sprinkle hen with salt and pepper. Lightly coat your grill rack with oil. Grill hen covered, over medium heat for 20-25 minutes or until juices run clear, turning and basting occasionally with sauce. 2 servings!

Thick Peachy Milkshakes

3/4 c. cold milk
2c. sliced peeled peaches
1/4 c. peach nectar or orange juice
3c. vanilla ice cream
1 tbl. honey

In a blender, combine the milk, peach nectar, honey and peaches; cover and process until smooth. Add ice cream; cover and process 30 seconds longer or until smooth. Pour into chilled glasses.

Enjoy!