



On The Farm

Wow! The weather this week has been unbearably hot. Our crops are definitely in need of some summer rain! We hope that you have been staying cool indoors.

IN YOUR BOX:

Lettuce

Red Beets

Radishes

Cucumber

Blueberries

Cherries

Apple Cider Donuts

This Week's Highlight: Red Beets

Fresh beets are a favorite around here! Although fresh beets make some people nervous, you can actually prepare them very easily for a delicious addition to any meal. Cut off the greens, and toss the beets in oil and roast at 350 for an hour. Peel and enjoy. Another great way to prepare beets is to simply boil them (like potatoes). Then skin them, slice and add some butter.

Don't throw away the beet greens! They are full of additional nutrients and vitamins and are simple to prepare. You can slice and sauté and add to soups, sandwiches, or side dishes. Serve with lemon or vinegar to cut the bitterness and enhance the flavor. You can also enjoy raw in salads.

Pick-Ups

Just a reminder that pick ups for CSAs each week are on Fridays from 9am-6pm and Saturday 9am-1pm. Please do your best to come during these hours so that we can have your basket ready and full of fresh produce.

If you have plans to be out of town one week, just let us know. Diane will make a note and will work with you to find a day to get you a "make-up" box!

Recipe Corner: Grama's Lettuce Juice

Diane's mom, Ruth, made this salad dressing all the time and she called it "Lettuce Juice". Since her passing, we have affectionately started calling it "Grama's Lettuce Juice". It's simple, yet perfect for a fresh salad. We are reminded of her every time we make it!

Ingredients:

Dressing—1 Tbs vinegar (white or apple cider)

1 Tbs sugar (or honey)

Salt and pepper

Salad—Greens of any kind (but we usually use green leaf lettuce)
Veggies of your choice (cucumbers and peppers from your basket)
Any additional toppings (Grama would always add fresh bacon bits!)

Directions: Mix dressing (double or triple as needed), pour on salad and toss! Enjoy!