



On The Farm

Phew! It has been a hot and dry week here on the farm. It has been difficult to be out in the fields picking.

IN YOUR BOX:

Lettuce
Blueberries
Onions
Broccoli
Tomatoes
Kohlrabi

Last Call for Flower CSAs

This year, we are trying something new and starting a separate flower CSA. In the past, we have included flowers every once in a while in our regular CSA shares as we learned more about flower farming. This year, in order to get a bouquet each week, you have to sign up to be a flower CSA member. Cost is \$150 for 5 weeks of flowers. Pickup will be every other week starting August 9 (Aug 9, Aug 23, Sept 6, Sept 20, Oct 4) at the same time as regular CSA pickup. We have zinnias, snapdragons, celosia, eucalyptus, dahlias, scabiosa, ammi, feverfew, yarrow, sunflowers and more! Depending on how well they grow, we may be able to make extra bouquets to sell in our market. However, the best price and variety is only available in the flower CSA. Contact us ASAP if you want to sign up!

Harmony Acres Dairy

We are excited to try out a new partnership with Harmony Acres Dairy in Belle Vernon. Each week, you can place an order and it will be available for pickup during CSA hours on Friday and Saturday. We hope that you take advantage of these delicious, local dairy products!

For right now we are just taking PRE-ORDERS via this link. Place orders by 10am Thursday



Recipe Corner: Stuffed Pepper Soup

2 pounds ground beef
6 cups water
1 can (28 ounces) tomato sauce
1 can (28 ounces) diced tomatoes, undrained (or sub fresh tomatoes)
2 cups chopped green peppers
1/4 cup packed brown sugar
2 teaspoons salt
2 teaspoons beef bouillon granules
1 teaspoon pepper
2 cups cooked long grain rice

In a Dutch oven over medium heat, cook and stir beef until no longer pink, breaking into crumbles. Drain and stir in next 8 ingredients. Bring to a boil. Reduce heat and simmer uncovered, until peppers are tender, about 30 minutes. Add cooked rice and simmer uncovered 10 minutes longer. Sprinkle with parsley and enjoy!