

Available in farm stand for you:

- ❖ **Red Potatoes** - 1 quart Reds
- ❖ **Cukes** - field 2 each
- ❖ **Beets**- 1 quart
- ❖ **Summer Squash & Zucchini**-
Pick 2
- ❖ **Benning's Green Tint Squash**-
type of patty pan - pick 1
- ❖ **Onions**- pick 3
- ❖ **Kale** - Lacinato Kale
- ❖ **Lettuce**- Mixed options
- ❖ **Basil**- 1 Bunch
- ❖ **Heirloom Cherry Tomatoes** - 1
pint
- ❖ **Red Tomato**- 2
- ❖ **Jalapenos**- 2-4

CSA PICK YOUR OWN PATCH

Flowers - 6 stems

Rosemary (last row on the left side of the patch)

Heirloom Cherry Tomatoes-Sorry for the
jungle out there!

Located next to the parking lot.

Hello Members

Well it seems like we have had some beautiful weather for growing and there is nothing better than being in our beautiful state of Vermont in the summertime. I am glad, after the last few weeks of humidity and heat, for the return of those cooler summer evenings for sleeping.

Harvest of our crops is going well and we are finishing the straw harvest remaining from the rye seed harvest. Our 2nd cut hay crop is now moving along too. We are looking at the remaining weeds in the potato fields with a sigh because we are done weeding. At this time of year most of the growing is nearing an end and it will soon be time to harvest. We somehow escaped the potato blight and the Colorado potato beetles weren't too bad either. Any members wishing to get down and dirty, can always volunteer here to pull weeds anytime you would like..

The Squash and Patty Pan Story

There are so many kinds of summer squashes, from the old fashioned yellow crook neck to the newest varieties of straight golden zucchini. The three kinds of summer squash Jay chose for the CSA this season are classic green zucchini, a pale yellow summer, and a variety of Patty Pan called Benning's Green Tint. Jay always chooses for flavor and they can all be interchanged in your recipes. Squash is in the cucurbit family, and if that word sounds like a cucumber, then you are right because they are all related. Other members of the cucurbit family are all the other squashes, cucumbers, pumpkins, gourds, and even all the different melons. They do really well with heat and rain as with most squashes they contains a large amount of water. It is also a favorite of several common pests. The striped cucumber beetle (he looks like a referee with black and yellow striped wings, the size of a lady bug, pictured below) and the spotted squash bug. They can both damage the blossoms and very young fruits. We plant an earlier trap crop away from the main crop. This helps us to respond with a much smaller amount of organic bug treatments while still reducing their population. Of course we spray again when needed.



If you see either of these two bugs around or in your squash plants you could spray them with insecticidal soap found at local hardware or seed stores. We use Neem oil mixed with Pyganic (but all are plant derived certified organic products). The last two products can be found at Johnny's selected seeds in Maine.

Enjoy your veggies! Farmer Annie

How to keep your squash fresh for the week.

Squash likes to be stored in your vegetable crisper. I like to put it into a plastic bag but keep the end open as it does not want too much moisture.

Summer Squash and Onions farmer Annie

Several summer squashes chopped into large bites

Several large onions chopped into large bites

1/2 stick of butter

salt and pepper to taste

Put all ingredients into a large deep skillet and cook on medium low stirring occasionally for about 20 minutes until everything is softened,

This is our family's absolute favorite way to cook summer squashes inside.

Grilled Summer Squashes farmer Annie

1/2 cup of olive oil

1 teaspoon of crushed garlic

Salt and pepper

1 or two finely chopped basil leaves

Several summer squashes sliced into long flat wide strips (1/4 inch thick) strips

Patty pans are so pretty when sliced into flower shapes with their scalloped edges (be careful as they are hard to hold and cut on their sides).

Put salt and pepper and chopped basil leaves into the olive oil.

With a brush lightly brush wide sides of squash before placing onto the grill.

Cook until browned with grill marks and soft but not mushy.

A few minutes on each side on a medium hot grill.

Summer Squash With Tomatoes

In the following recipe it calls for 1lb of ripe tomatoes but I would use this weeks' delicious cherries, if you have any left after snacking!

This Provencal summer dish is delightful as a starter or as a side dish with fish, chicken or cooked grains. You can make this a day or two ahead of time. Keep refrigerated, and reheat gently on top of the stove. The dish is also good cold, doused with a little lemon juice.

Author: Martha Rose Schulman | New York Times Recipes for Health

Serves: 4-6

Ingredients

- 2 tablespoons extra virgin olive oil
- 1½ pounds medium or small zucchini or other summer squash, thinly sliced or diced (depending on what shape squash you use)
- 2 garlic cloves, minced
- 1 pound ripe tomatoes, peeled, seeded and diced
- Salt and freshly ground pepper

Instructions

1. Heat 1 tablespoon of the olive oil over medium-high heat in a wide, heavy skillet. Add the zucchini. Cook, stirring or shaking the pan, until the zucchini is lightly seared and beginning to soften, three to five minutes. Remove from the pan, and set aside.
2. Add the remaining olive oil to the pan, then the garlic. Cook, stirring, just until fragrant — less than 30 seconds. Stir in the tomatoes. Cook, stirring, until the tomatoes have begun to cook down, about five minutes. Return the zucchini to the pan, add salt and pepper to taste, and reduce the heat to medium. Cook, stirring often, until the zucchini is tender and translucent and the tomatoes have cooked down to a fragrant sauce. Stir in the basil, and taste and adjust seasonings. Remove from the heat and serve hot, or allow to cool and serve at room temperature.