



VALLEY DREAM FARM^{LLC}

CERTIFIED ORGANIC PRODUCE

Week 5

Week of July 19, 2016

Available in farm stand for you:

- ❖ **Potatoes** - Baby Reds 1 quart
- ❖ **Red Cabbage**- 1 head
- ❖ **Broccoli**- 1 head (Soak-see notes)
- ❖ **Euro Cukes** - 1 each
- ❖ **Summer Squash or Zucchini**- pick 2
- ❖ **Baby Onions** - 1 bunch
- ❖ **Pea Pods OR Sugar Snaps**- 1 pint singles, 1 quart regular share
- ❖ **Kale** - Lacinato "Dino" 1 bunch
- ❖ **Lettuce** Magenta- 1 head singles, 2 heads regular
- ❖ **Garlic Scapes**- 8 stems
- ❖ **Sage**- 1 bunch
- ❖ **Tomatoes**- Deep Root Organic; 1 for singles, 2 for Regular shares

CSA PICK YOUR OWN PATCH

Pea Pods/ Sugar Snap Peas - in addition to your share

*please make sure to hold plant when pulling

Flowers - 6 stems

Rosemary/Cilantro- 3 stems

Located next to the parking lot.

Coming soon: LOTS of Cherry Tomatoes

MEMBERS ONLY SALE:

4" pots and 6 packs - B.O.G.O.

Hello Members,

Hope you are enjoying the summer abundance of veggies. Singles pick 6 items from the list and Regulars receive all items on the list. If you are a Regular member you may switch any 2 items on your list for another 2 items at the farm stand with the exception of fruits.

Just a reminder from last week; Broccoli needs to be soaked in salted water for about 1/2 hour. See "Week Four" newsletter for details..

You may or may not have already tried one of our, what's commonly known as "Euro" cukes that we are offering today. These long delicious cucumbers are actually called Kalunga Cucumbers. We are very excited to be able to offer you these as last year we were unable to get this particularly delicious variety. These guys have been on quite the journey, from our germination room in March to our flower greenhouse in April and finally to their home in our Greenhouse #3! So why do we love these guys so much more than other varieties of Euro Cukes? Well, there's several reasons:

The first is for their smooth skin which is very thin and tender, which is great for eating, unlike the field cucumbers which is much more thick.

The second is their small, easy to eat seeds

And the most important thing in our eyes is the sweet and light delicious flavor. Perfect for snacking (Joe and Becky's favorite method), salads, and salsa's!

We hope that you enjoy them as much as we do!!!

Don't forget the UPICK Garden is full of beautiful snap dragons, zinnias, and straw flower (little purple flowers).

There are also still some pea pods and sugar snap peas if you'd like more that what we've offered. Just a reminder to anyone using the pick your own garden that it is open any day of the week, so don't be shy!

Enjoy! your veggies!

Anne

Smashed Roasted Reds and Onions - Farmer Annie

1 teaspoon of table salt

1 quart of New Potatoes - lightly washed and rinsed

1 medium onion (chopped garlic scapes would be another great addition here)

1/4 Cup Olive Oil

1 teaspoon of sea salt

Preheat oven to 400° Oil a baking sheet with 1 tablespoon of the olive oil, set aside

Add 1 teaspoon of salt to your large sauce pan of water. Boil your quart of red potatoes (about 12 minutes after boiling (caution do not over boil!) potatoes should be firm but not have that raw flavor). Chop onion. {If kids are picky leave onions in large chunks so they can pick them out or chop them so small they can't identify them}. Drain potatoes and let cool slightly. Place cooked potatoes and raw onion into a bowl drizzle with remaining olive oil and toss. Toss onto oiled baking sheet and sprinkle with one teaspoon of sea salt. Slightly smash and flatten round potatoes with the back of a spatula. Bake in 400° oven for 20 minutes. Add herbs while hot and Serve.

** make ahead tricks - potatoes can be cooked ahead and thrown into a ziplock into the refrigerator to save you time later in the week.*

***Options sprinkle with garlic salt, rosemary, thyme, or dill or any of your favorite herbs.*