



This Week's Basket:

Garlic Scapes
 Swiss Chard
 Kale
 Lettuce Mix
 Scallions
 Herbs
 Beets

Cucumbers
 Kohlrabi
 Summer Squash
 Napa Cabbage

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Week 4! July's arrival couldn't come soon enough. It's hard to write these newsletters without talking about weather, even in good years, but this year it's been just such a challenge that it has to be mentioned. Our shares just don't have the variety that we'd like, so we're welcoming July with open arms in hopes that more sun comes along with it. Thankfully, we've had enough help to scramble and get as much done between raindrops as we can and we've made quite a lot or progress this week. Hundreds of transplants went in, thousands of garlic scapes harvested, an unfathomable amount of weeds pulled, and the ever present tomato pruning and trellising in the tunnels. Seeds were started, sweet potatoes planted, and potatoes hilled, and over 80 CSA shares harvested for and boxed up for Thursday delivery. There's never a dull moment, even with all the rain.

Last week I made a trip to Locke NY to pick up some beneficial insects to help with some of our bug pressures. We released ladybugs into our cucumber high tunnel to help with aphids that were starting to get established, rove beetles in the greenhouse to eat fungus gnats that hover over all of our transplants, and "sprayable" nematodes that get watered into our transplants and around the high tunnel to take out the eggs and larvae of the fungus gnats. It's a fun way to organically treat our pest issues in our tunnels. Our other main tools are preventative, using row cover as bug netting to keep the bugs off our plants. We cover our summer squash, peppers, and eggplant until they start to flower, which also gives the added boost of keeping them a bit warmer (which they love).

Speaking of, very excitingly to me, the summer squash is in! I never tire of easy meals and squash is the heart of my last minute, quick meals. One of my favorites is in the recipe below, which we typically serve over rice noodles or rice.

Creamy Coconut Peanut Noodles

Sauce:

1/2 cup all natural peanut butter
 1/2 cup culinary coconut milk (not the milk alternative)
 3 Tbs soy sauce/tamari
 2 Tbs finely minced ginger
 1 Tbs honey or maple syrup
 1 Tbs fresh lime juice
 1 tsp Sriracha
 2 cloves garlic, minced

Noodles:

1 lb rice or soba noodles
 1 small onion, sliced

Veggies

- Cook noodles according to directions
- While water boils, add sauce ingredients to a bowl or jar and add up to 1 cup of water (or broth) to reach desired consistency.
- Heat large skillet over medium-high heat and saute onions about 5 minutes. Add desired veggies accordingly and cook until just tender.
- Add sauce to veggies, stir well, then pour over noodles. Serve immediately with cilantro, sesame seeds, and lime on the side

Veggies to try: Napa cabbage, asian greens, garlic scapes, peppers, snap peas, summer squash, cherry tomatoes, carrots, kale/swiss chard, etc.

Add protein: try tofu, sausage, chicken, etc.