

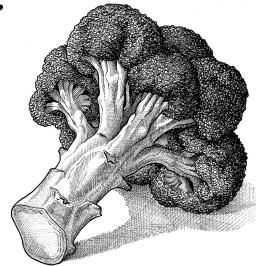


This Week's Basket:

Summer Squash
Garlic Scapes
Kale
Swiss Chard
Lettuce Mix
Parsley/Mint/Sage
Carrots
Cabbage

Broccoli
Beets
Garlic
Cucumbers
Eggplant

7



Week 7! Busy as ever, tis the season. Living in a farm community has many perks, like putting things into perspective. The wet weather has been tough for us, but it's been pretty devastating for our dairy farm neighbors who are trying their hardest to get their hay harvested. On our road alone, we know of 3 farms who've cut hay only to have it ruined by the weather (the hay still needs to be collected, some of it fed to animals, much of it dumped somewhere out of the way). The longest dry stretch we've had in the past few months is just 4 days. We're in the midst of a "dry spell" so our neighbors are putting in long days trying to get some hay in, we even saw our neighbor out mowing his field at 10pm the other night.

For our fields, on the other hand, we're feeling pretty thankful. The wet weather is helping our carrots germinate (they can take more than 2 weeks to emerge!), our cover crop of buckwheat popped up in no time, and the rest of our crops are fairing well with all this sun between rain drops. We harvested our first sampling of potatoes this week, they're looking awesome and will be in shares soon.

New this week are rainbow carrots, taste test them and see if you notice a difference! Our summer broccoli is in, what a treat. I'm on a gluten free diet currently, so we've been doing a lot of rice noodle, asian inspired stir-fries and the broccoli is a wonderful addition. Green beans are starting to come in, after a slow start. Our cherry tomatoes are just coming in with our bigger ones following right along. Summer at it's best, what a wonderful time to be eating!

Peanut Sauce Noodle Bowl

1/4 cup peanut butter
1/4 cup soy sauce or tamari
2 Tbs lime juice
2 cloves garlic, minced
2 tsp ginger, minded
1-2 tsp honey or maple syrup
1/4 tsp red pepper flakes, or hot sauce (optional)
1/4-1/2 cup coconut milk
1/4 to 1/2 cup water (or broth)
1 box rice noodles
4-6 scallions, diced
4-6 cups assorted veggies, chopped
Protein of choice, add into recipe as you see fit.

- Combine all ingredients for sauce, except for water, and stir until well combined. Add just enough water to thin the sauce so it's pourable.
- Heat wok or skillet over medium heat, add olive oil and scallions, cook until they start to soften. Add heartier vegetables until tender, then add remaining veggies, reserving greens for final few minutes
- While veggies cook, cook noodles according to package, drain, rinse, and toss with sesame oil
- Place noodles in bowl, add veggies, and top with sauce. Top with cilantro, toasted sesame seeds, and scallions if desired.