



What's in the Box

Potatoes
Onions
Cucumbers
Broccoli ??
Hot Peppers
Banana Peppers
Bell Peppers
Tomatoes
Zucchini
Eggplant
SOME Melons

We are in between sweet corn fields so we won't have any this week. In a normal year we would have it all staggered for a continuous supply. This year we have 2 fields that are planted a month apart and are probably going to be ready at the same time!

Scott is digging potatoes today and can hopefully get enough for everyone. The tomatoes are turning redder now and looking good. We are trying to get all the onions harvested because all the tops have fallen over and they are done. We can store these and keep them dry and they will last for a long time.

Be sure to bring your bags back that you got last week and we will refill them or get some more and have them ready for you.

Recipes Zesty Vegetable Salad

10 fresh mushrooms
sliced
2 medium tomatoes
chopped
2 medium cucumbers,
peeled and chopped
1 small onion, chopped
1 bottle (8 ounces)
Zesty Italian Dressing

In a bowl, combine mushrooms, tomatoes, cucumbers, and onion. Add dressing; toss to coat. Cover and chill at least 2 hours. Serve with a slotted spoon. Yield: 12 servings
One ½ cup serving (prepared with fat-free dressing) equals 29 calories, 137 mg sodium, 0 cholesterol, 5 gm carbohydrate, 1 gm protein, trace fat.

I found this recipe in Taste of Home's Quick Cooking and it's very easy and uses all the stuff from the garden so I plan to make a lot of it.

What's going on at the farm.

After the big rain last Tuesday it was too wet to do anything out in the field so Scott and I decided that the "old house" needed to be cleaned out. We took everything out and cleaned it and put everything back in and it is much more organized. This is good because we are going to need that space now to keep things cool that we pick. AND if it rains again we can fit people in there more easily!

I spent most of yesterday at the Boone Middle School. They had registration yesterday for Boone kids and the Iowans Fit For Life did a Bike Rodeo. There were free helmets, a bicycle obstacle course, a walking course, some freebies, fingerprinting kits, and free snacks (which is what I did). They wanted local healthy snacks so I did cucumbers and green peppers from our farm with Ranch dressing and some cheese cubes.

Eggs

Be sure to ask for eggs if you want to buy some. Since we keep them in the frig I forget that we have them! ☺