



What's in the Box

Strawberries
Green Onions
Sugar Snap Peas
Cucumbers
Lettuce / Spinach
Broccoli

The strawberries are slowing down so I think we will only have one quart this week. It has been raining so much that they are constantly wet and they easily get mushy and also when they are wet they are softer and the bugs can get into them. So I've been picking a lot but throwing a lot out! ☺

The sweet corn is finally tasseling and silking and making ears. We are thinking we should have our first harvest in a couple of weeks...especially if it stays warm like this.

Was so great to finally eat a cucumber from our garden. I'm not sure how many we will be able to round up for you tomorrow but I'm sure you should get one. I also ate ONE sugar snap pea and am looking forward to more of those.

Recipes

This is a favorite recipe of mine in the summer time because I use whatever veggies I can find to add to this and make it my own.

1 Pound Boneless Pork Loin cut into cubes
2 cups julienned Zucchini
½ pound fresh mushrooms, sliced
1 medium onion, cut into wedges
1 cup julienned green pepper
1 tablespoon cornstarch
3 tbsp light soy sauce
1 tbsp cold water
¼ tsp garlic powder
Hot cooked rice

In a skillet or wok coated with nonstick cooking spray, stir-fry the pork until no longer pink, about 4 minutes. Add zucchini, mushrooms, onion, and green pepper; stir-fry for 3 minutes or until crisp-tender. In a small bowl, combine cornstarch, soy sauce, water and garlic powder until smooth. Add to the skillet. Bring to a boil; cook and stir for 1-2 minutes or until thickened and bubbly. Serve over rice.

You can use cucumber and peas in place of zucchini and green peppers. I also end up doubling the sauce because I put extra veggies in.

Directions For Pick-Up

I will have another canvas bag to use for your produce. If you bring the one you got last week then we can exchange and I'll always have a bag to use for you. If you forget the bag don't worry because we do have some plastic bags we can use.

Also...if you still have strawberry boxes we can reuse those too.

If any of you have any questions about us, the farm, the plants, the dog, the kids, the land, the equipment, etc....feel free to ask. We want you to be informed about where your food comes from.

Also...if you want to look around the fields some you can do so this week...it shouldn't be muddy. If you are in a hurry to get your food and get going that's ok too....just let us know.