



## What's in the Box

Green Beans  
Onions  
Cucumbers  
Broccoli  
Sweet Corn  
Sugar Snap Peas  
Zucchini ???  
Hot Peppers ????

The peas are just about done. We will pick what we can tomorrow and split them up evenly. We would like to find enough good ears of corn for you to each get a dozen but we will see what we can find for sure. I'll also have to see how the zucchini is doing. I might have to give to half of you tomorrow and to the other half next week if there is not enough.

There are so many things that are out there but I'm just not sure of the amounts. ☺

Of course the weeds are growing great in this weather too so we've got to keep on top of them. If you are looking for some quality time outdoors on the farm, let us know. We can offer you the opportunity to get your hands in the dirt!! We don't spray herbicides on the veggies so we have to pull, hoe, or flame the weeds and it takes a lot of time and labor.

## Recipes

### Garden Good Green Beans

1 lb fresh green beans  
1 med onion  
3 tbsp margarine  
½ tsp salt  
Dash of Pepper  
1 chicken bouillon cube

Snap beans into 1-2 inch pieces. Saute onion in margarine in saucepan until soft. Stir in beans; toss until well coated. Stir in seasonings, ¼ cup water and bouillon cube, crushing cube with spoon until dissolved. Cover; cook for 10 minutes or until beans are crisp-tender. Yield 4-6 servings.

Another good idea for beans that Scott likes is to grill them.

We wrap them in tin foil with butter, seasoned salt, and sometimes bacon. Grill them on medium for 30-45 minutes and they come out very yummy!!

Another repeat for last year's members but these are the only ways we eat 'em unless we eat them raw. If anybody else has a favorite way to prepare something, please send it to us.

## What's going on at the farm.

We are still planting. I don't think we'll ever be done because we stagger everything so that we'll have a late season as well.

Hopefully you all had a good 4<sup>th</sup> of July. It was painful to get through it without corn but we still managed to have some fun.

In case you don't get the Des Moines Register, Scott was quoted in it. They quoted him saying he would pick corn on Friday (which is not really what he said) so we have been bombarded with phone calls and people stopping by.

You guys will get the first corn picked tomorrow...hopefully we will have enough to take to market on Thursday as well. Scott usually cherry picks it because some ears come on quicker than others. I'm just so happy to go out in the fields and see corn that is as tall as me or even taller than me.....didn't have that last year at all !!