



## What's in the Box

Onions  
Bell Peppers  
Tomatoes  
Eggplant  
Melons  
Green Beans  
Cabbage  
Sweet Corn  
Cherry Tomatoes

I am going to e-mail a link to you for a sweet corn site with a lot of recipes for sweet corn that are different and fun. We tried to grill our corn last night but it still seemed raw but we eat it raw all the time so it was no big deal for us.

The recipe that I've included I have not yet tried but it looks really good and it comes from a friend that is a chef. I wish that he lived closer to Boone because he would love to actually show all of you some tips on preparing the food you get. He said he will try and send me some more ideas based on what we have each week.

## Recipes

### Black Bean Salsa

#### Ingredients:

3 Tablespoons corn oil  
1 ¼ cup fresh corn kernels  
1 16 oz can black beans, rinsed  
1 cup chopped green pepper  
1 cup chopped tomato  
1 cup chopped red pepper  
¾ cup chopped white onion  
2 tablespoons fresh lime juice  
3 large garlic cloves, pressed  
1 large jalepeno chili, seeded and minced  
1 tbsp fresh oregano or 1 tsp dried  
1 tbsp chili powder  
1 ½ tsp ground cumin

#### Preparing

Heat 1 tbsp oil in large heavy skillet over high heat. Add corn and saute until brown. About 3 minutes. Transfer to large bowl. Add 2 tbsp oil and all remaining ingredients. Season generously with salt and pepper. Can be made 2 days ahead. Cover and chill.

## What's going on at the farm.

It's back to school time. I miss the kids being around but I also am glad to get some stuff done without too many interruptions. Trying to do your job with the children around is a challenge. Last Wednesday we stayed up and watched the meteor showers....such summer fun!!

It's going to be quite an interesting week with school starting for both of the kids, ISU wanting to order from us now, we are taking our first delivery to the Iowa Food Coop this week, Drew is starting football, AND the film maker that is doing a documentary on us is coming out to Farmers Market to get some more footage of us!! If you want to come see us on Thursday you might be on film someday! ☺

We are also already trying to plan for next year. Some fields of corn are done and some rows of cucumbers are done(much to our dismay) so we need to get fields cleaned up and decide if we are going to try and get some cover crops in or what we are going to do.