

# Local Roots Community Supported Agriculture

## Box Contents for August 4<sup>th</sup>

Lots of cucumbers  
~1# tomatoes  
1 bunch green onions  
1 bunch purslane  
1 head red butter lettuce  
1 head speckly crunchy lettuce  
1 bunch dill  
1 bunch parsley  
2 zucchini

## Large box additions

1 bunch carrots  
1 bunch sprouting broccoli

1/2# green beans  
Next week's produce (we think): carrots – lettuce – sweet onions – zucchini – potatoes – purslane – dill – parsley – cucumbers

## Local Roots Farm News

August 1<sup>st</sup>, or *Lammas* on the pagan calendar, is a milestone date on the farm. It marks the mid-point between the summer solstice and the autumnal equinox, and in many ways feels like the start of the fall harvest season. The majority of our planting is done, fruiting plants really turn on the ripening process, and the light starts to take on a different quality. I feel a sense of relief... or at least resignation ☺, because all the plants are in the ground. Now, we will do what we can to keep them happy, but if something didn't get planted, or seeds failed to come up, there's nothing we can do about it anymore! This is in great contrast to the crazed irrigation work we were doing in June and early July, when every extra hour of work directly translated into a bed of carrots or lettuce saved from dying of thirst. It's hard to know when to stop when there's such a long list of things that all need immediate attention. Now, the calendar has reminded us that fall is only 6.5 weeks away, so the list is inevitably shorter.

This past weekend Jason and I got a nice little break from the farm grind. Jason's cousin had a beautiful wedding here on the farm, and we got to spend some time with family from all over the country. Felix and Bea's "city" cousins got to dig in the farm dirt, some special people got hitched, and we had an epic two-part dance party. We've been lucky enough to have a wedding out here each of the last four years, and they always give me a little reminder of what an amazing place we have. There aren't many opportunities in life to dance the hora on the grass under spreading 100-year-old maple trees... so if you ever get the chance, make the most of it! Mazel tov to Greta and Cliff! You guys put on a great party!

Tomatoes are starting this week, and we will be giving them each week, as long as the plants keep producing! We are pretty serious about tomatoes here. They are one of the first crops we plant each season, way back in February. We grow them from seed, starting out in a heated room with special grow lights. Tomatoes were one of the first crops Jason and I grew when we started gardening in the city, and I have a special love for them. It's always a happy day for me the first week we have enough to put in the CSA. Summer! It has its perks. Happy *Lammas*! ~Siri et alia

## Ideas and info for this week's produce

**Cucumbers** - In case there is any confusion, the smaller, light-yellow things and the long green things are both cucumbers. There are also zucchini in there, some of which are long and green... zucchini are striped, have a thinner skin, and a fat stem attached. People have been known to mix up zukes and cukes before, so I thought it wouldn't hurt to clarify. We have a friend who, when first learning how to cook, put cucumber into a lasagna. We don't want you to suffer the same mistake!

Although many crops are suffering in this long hot summer, zucchini and cucumbers are thriving, and you will definitely be seeing more of these. The great news about cucumbers is that they can become pickles! I am including our recipe for refrigerator pickles in the email today, because several of you have already asked for it. Today's **dill** is the perfect accompaniment to a simple cucumber salad.

**Purslane** – Purslane is another crop that is loving this weather. All the parts of purslane are edible, including the thick main stems. Purslane's main claim to fame is its off-the-charts amount of Omega-3 fatty acid, which is as high per-serving as salmon. Omega-3s are the ones most of us are not getting enough of, and are important for heart and brain health. It's these fatty acids in purslane that make it somewhat (there's no nice way to say this) slimy in texture. I'm glad that we are able to pick it for the CSA again this week because now we have **parsley** and **tomatoes** to go with it to make my favorite purslane salad (recipe in email)

**Tomato** – Yay! Tomato time is here! Today's tomatoes are our stalwart 'Pink Beauty' variety, which are not true heirlooms, but taste almost as good and won't turn to a puddle in your CSA box. Please store your tomato(es) on your countertop, not the fridge... they continue to ripen after picking, and will be most delicious when soft to the touch but not squishy. You can do whatever you like with your tomato, but just sliced, on a plate, drizzled with olive oil and a little salt is a good option. Good tomatoes don't need much embellishment.

## **Order of eating:**

Eat ASAP: green beans (the fresher, the better!)

Will store for 3-4 days: lettuces, tomatoes (see note on tomatoes about ripeness)

Will store for a week: dill, parsley, green onions, purslane, cukes, zukes