

Hello All,

August in the Upper Midwest is one of the best times of year from an agricultural standpoint. The oppressive heat and humidity has passed and we are left with shortening days and cool overnight temperatures. This has been a season of extremes that seems to be leveling out.

Looking at the fields this morning it is amazing how much we have delivered thus far. What started out as three 2.5 acre fields full of crops has quickly turned into just over 2 acres of vegetables. Our farm will deliver close to 20,000lbs of vegetables by the time the season is out.

Just over 10 weeks into the season, I hope you all are enjoying the food and feeling of eating locally and seasonally. Judging by the letters and emails we have been receiving, it sounds like all of you are embracing the food of the season and your excitement has translated into some creative and adventurous meals.

This weeks box is definitely a “cooks box”. The heirloom Yukon Golds and leeks find themselves sharing a delivery. Coincidence? I think not, potato leek soup is one of my all time favorites and served with some fresh bread it is almost impossible to top. Once cooked, these potatoes have a very soft and creamy texture and great earthy and nutty flavor. The leeks are super sweet as we pick them smaller than average. The leeks can be halved length wise to clean each layer. Leftover leeks will freeze very well washed and sliced in a Ziploc bag. Use as needed straight out of the freezer. Our garlic has finished curing, heads will be delivered this week and will make a great addition to any dish. Store in a cool dry place out of direct sunlight.

The radish has returned and looks great. They will be a bit spicier than the Spring radishes as the heat has that effect on them. Equally as hot are the jalapenos this week. There are a few in each box and they pack quite a punch. Our green peppers have come in beautifully and are in abundance this week. Great for stuffing, grilling, stir-fry or kabobs, these peppers have a crisp fresh bite and great bell pepper flavor.

Cauliflower is back and better than ever. Super white with a bit of purple undertones is great roasted or boiled. Cauliflower and potato soup is excellent with a bit of fresh parsley or thyme. I like to garnish cauliflower with a bit of black pepper and olive oil.

Spinach is back in abundance this week so don't be shy about stuffing those bags full. Tomatoes continue to come in at a great pace and will continue to be available at the drop site. We have finally seen the reds turn.

The lettuce and braising mix we planted after the heat wave is coming in very nicely and our fall crops, broccoli, cabbage, onions, winter squashes and broccoli rabe all look great.

Thanks again for all the boxes, recipes and emails. We have a great membership and are grateful for each and every one of you, it has been a great season so far. Enjoy the melons, they are really something special.

Your Farmers,

[The Bistro Farm](#)