

Members,

A long day in the garden brings me to one of my favorite places of the week, writing our weekly newsletter. Just as the excitement of the day was wearing down I had the chance to walk out into the garden by myself and took a peak at what is just beginning to flower. I stole two of the seasons' earliest peppers and thought about what to make for dinner. Walking back to the house the full moon was rising over the garden and I was once again reminded of why we do what we do.

The fourth delivery brings us to the completion of our first month of CSA delivery. What a great season it has been thus far. It has truly been a pleasure meeting all of you at the drop sites. We have lots of children in our CSA families and it is such a great feeling to see them eating and enjoying fresh organic vegetables at such a young age.

The Broccoli is in full swing and we made it through the heat of this hot. Spring without experiencing most of the trauma heat brings to broccoli. For the first time we have been able to get a large delivery of broccoli to come in all at once. We accomplished this by staggering the plantings of three different but very similar varieties. Don't be afraid to just eat these raw as a snack. Stir-fry is definitely in order this week for the Napa cabbage, fresh garlic, and broccoli combination.

Zucchini, Patty Pans (the yellow squash) and Cucumbers will be with us for the next week or two. Zucchini and patty pans are great sauteed with some butter, fresh garlic, and onion. I finish pasta with this mixture, add a few black olives and melt some cheese right over the top, garnish with fresh basil. The recipe page has a great stuffed zucchini recipe, use this as a template and use your favorite seasonings. The cucumbers will store well in a sealed ziploc bag for those of you feeling adventurous enough to save up and make some pickles, the red onions are great in a pickle recipe.

We have two very special guests in this weeks box. Our favorite petite summer cabbages have arrived. These are about the size of a softball when full grown and the flavor defines fresh cabbage. These cabbages are great raw with a bit of dressing, substituted for bok choy in the coleslaw recipe, or just quickly sauteed with some fish or chicken and rice. These are not your typical storage cabbages the flavor is very crisp and fresh.

Fresh Garlic has arrived! Each fall we plant thousands of cloves of garlic, cover them with about a foot of hay and leave them over winter. The garlic scapes we had in week two came off these garlic and now the bulbs are finished. Fresh garlic is amazingly juicy, plump and mild. I prefer to use fresh garlic sliced instead of chopped. The slices can also be toasted in your butter or olive oil first before you add onion for another layer of depth in your sauces. Fresh garlic is another one of those CSA treats you will never find in a grocery. Remember to keep it in the refrigerator. We will deliver fresh garlic for a few weeks and cure and dry the rest for later fall delivery.

The bushel baskets at the drop sites will be full of fresh snap peas. This weeks delivery is the main pea delivery of the season and the heat last week has sweetened them up very nicely. Last weeks peas were an early picking and some members did not receive them. Take what you would like but be mindful of others if you had great peas last week. Peas on Earth.

The recipe page is being constantly updated and has lots of new posts from both The Farm and The Members. We have been getting some great food pics and love seeing and hearing about your culinary adventures. Keep up the good work and keep the recipes coming. On that note we have been seeing more and more boxes at the drop site and appreciate you remembering to bring them back.

This week brings lots of summer heat, sit back relax and be cool as a cucumber.

[The Bistro Farm](#)