

Members,

It feels like only yesterday we were harvesting the Spring radishes. Week 5 brings us to the heart and heat of the summer. The combination of 3 inches of rain last week and steady heat this week is an excellent catalyst for our Summer crops.

Sweet corn is beginning to tassel, the first melons are bearing fruit and the tomatoes have begun producing overnight. Even the always slow and stubborn cauliflower is showing signs of joining us next week.

This weeks box is one of the most exciting boxes of the season thus far. Here is the quick list: Fresh Cabbage, Zucchini, Patty Pans, Cucumbers, Mokum Carrots, Green Peppers, Jalapeanos, Spring Onions and THE FIST POTATOES OF THE SEASON.

The cabbages we deliver are a speciality European style cabbage that is full maturity in the early Summer. These cabbages are fresh, fruity, juicy and full of flavor. Fresh cabbages are nothing like the storage/stewing cabbages we deliver in the fall. Thinly sliced and tossed with cucumbers, peppers and a few slices of jalapeano and the vinegar sugar reduction in the Bok Choy Slaw recipe, makes an excellent summer cabbage salad. Get creative and make a dish with the Mokum carrots and the cabbage together for a special treat, these two flavors go great together.

We have been after the zucchinis and patty pans all week and continue to harvest them at ideal sizes. These are great on the grill as pictured in the blog page, or for larger zucchinis we slice them length wise and make zucchini lasagna, using the long zucchini in place of the noodles. Layered with the other vegetables and cheese this makes a quick easy, gluten/carb free dinner.

The patty pans are the yellow squash, looking like beautiful sun bursts, these vegetables are great cubed or wedged up sauteed with a bit of butter and tarragon, add some of the zucchini and make a full side dish.

The cucumbers are excellent this week and are still coming on strong, this is a great time to make some refrigerator pickles. Super simple and none of the fuss of actually canning.

Green peppers and jalapeanos are off to a great early start and make their first appearance this week. These jalapeanos are like nothing I have ever had before. This is a new variety and they are producing heat with excellent depth and flavor. These are not just an additive for spice or heat, they are a great way to build depth of flavor in a dish. The jalapeanos can be chopped and cooked in a bit of water with a fresh garlic clove and a small can of tomatillos, puree this mixture to make extraordinary salsa verde. Great for topping grilled vegetables, meat, tacos, or dipping tortilla chips.

The early red potatoes have arrived and look fantastic with very delicate skins. We have very flavorful, full bodied, new potatoes. These potatoes are excellent just boiled with a bit of salt and butter. New potatoes are great for potato salads, just remember to cut all potatoes so they are all about the same size and will cook evenly. Skin on smashed reds are great this time of year when they have such thin skins.

This brings me to the Mokum carrot. You may have noticed that the carrot is part of our logo for the Bistro Farm. This is no coincidence. Three years ago on a fishing trip I met an organic vegetable farmer and visited his farm. The first thing I did in the field was to eat a carrot straight

from the ground. As a chef I have tasted thousands of carrots and none struck me like the Mokum carrot on that day. It was that moment that sparked an idea. I immediately began asking myself, how can I share this experience with as many people as possible? How can we make organics attainable and affordable? What can we do to change the way we eat?

Take simple family-style dining and pure, honest food and bring them together. The Bistro Farm was born. Using a traditional CSA farming style paired with classic food philosophy we hope to share this experience with each of our members.

The bistro style is to take an excellent product, prepare it simply to highlight its natural flavors and share it among friends and family. Enjoying food for what it is, elegantly simple, is our philosophy.

Your vegetables do not come with a waiter, or linen, but they represent our way of sharing quality simple food with our friends, family, and community.

Bon Appetite

[The Bistro Farm](#)