

Hello All,

Week 6 brings us to the heart of Summer. The last of the Spring planting is in the boxes and we are making the transition into our Summer vegetables. Cauliflower, beets, turnips, and cabbage represent the last of the Spring planting while peppers, cucumbers, potatoes, and summer squash are leading the charge into Summer.

From a culinary standpoint this is an amazing time of year. Lots of flavor, color, and variety.

In the field we are happy to have the heat wave behind us and have seen some very cool overnight temperatures. This is a relief to both the crew and the spinach, which should reappear next week. Lettuce, however is back in full swing so make sure to take plenty at the drop site this week.

Cucumbers are still with us in force. This has been and looks to continue to be a very good year for the vining plants. I have never seen cucumbers produce like this before. We are constantly harvesting them. That being said, some may have been picked earlier than others. Storing your cucumbers in a sealed plastic bag in refrigerator will extend their storage. Cucumbers lose a bit of their crisp as they begin to dehydrate. This is a by-product of very low humidity in home refrigerators. This does not affect flavor but the texture will slowly become less crisp over time. The sealed bag will help them keep their snap. The Hmong women I worked with last year peeled and pureed the cucumbers to make cucumber water and then added whole sliced fresh fruit to the mix for an excellent snack on the hot days.

The beets in this week's box are a variety called Bulls Blood, they are very dark and rich, they have an excellent earthy flavor. The greens are also very tender and can be sliced up or quickly added to a saute. Bleu cheese is my favorite pairing with these beets along with some greens, lettuce and a few toasted almonds, this makes a great salad. The heat really did a number on our late turnips, pickings are slim but one made it into each share. Peeled and sliced thin or julienned, they too would make a great addition to a salad.

The cauliflower has a very complex flavor like nothing I have tasted. It has a very nutty and almost herbal flavor to it. I am not sure if this particular variety always produces this or if the conditions this year made for exceptional taste. I like to toss it in a bit of oil and roast it for a few minutes in the oven. I serve the cauliflower as a side dish topped with caramelized onions and some Gruyere cheese.

Fennel has a love hate relationship with most people. I enjoy it in moderation, thin slices added to dishes for just a bit of subtle flavor. I recently made a watermelon and fennel salad that was excellent, with a bit of fresh black pepper and some balsamic vinaigrette I was very surprised how well fennel and watermelon complimented each other. The idea struck me as I was eating fresh watermelon in the field and could still smell the fennel on my hands after harvesting, there was something very pleasing about the combination. Unfortunately it was not yet one of our watermelons but I assure you they are on their way.

Our new potatoes are also coming in very strong. The high amount of rain and heat have

plumped them up nicely. This weeks potatoes are much less delicate than the first delivery and have thicker skins and a bit more size. The new potatoes will store better at cooler temps than traditional storage potatoes so don't be afraid to throw them in the fridge.

Sage and parsley will be delivered in the baskets as our herb this week they are my favorite on potatoes, no coincidence they were planted to be delivered together.

We have been very impressed with the recipe submissions and continue to post them on the recipe page. Great work, we have a lot of amazing and creative cooks in our community.

[The Bistro Farm](#)

Quick List:

Fennel, Cabbage, Potatoes, Green Peppers, Summer Squash, Cucumbers, Beets and Turnip