

Members,

What an amazing time of year to be a cook. I am partial to the Spring and Fall from a weather standpoint but the Summer brings us so many culinary treats I almost forget about the heat, rain, and humidity. More good news; this weather is preempting a delicious delivery of melons, fall squash, and pumpkins.

Week 7 delivery continues to produce the summer staples of cucumbers, zucchini, and patty pans, with a few twists. We have some excellent beets this week. I tried a new planting style with these so you have two different varieties in the bunch. The Bulls Blood beets we had in week 3 with the addition of the bright red Chioggia beet. You will notice these are striped beets, very beautiful visually and excellent eating quality.

The second planting of carrots coincided with our first heat wave this year and we did not quite get the germination rate we strive for, so carrots are with us this week, in all their sweet splendor, albeit a few less per share than we would like.

The last of the fresh Spring/Summer onions are cut, peeled and bagged separately in your share box. A small portion of last weeks potatoes had some softening; my only conclusion is that they may have reacted poorly with the juice from the cut onion tops. This week is a very large delivery of onions, meant to last for a week or two. With combination of heat, humidity and all this rain, we needed to harvest them all at once in order to maintain quality. They will do much better in your fridge in a ziplock bag than in the field at this point.

Peppers, especially jalapenos are also coming in with a vengeance, we planted them on a higher spot this year with strong drainage and they have done very well despite the rain. There are quite a few in each box. If you do not use them right away for salsa just hull the seeds and throw them in the freezer in a sealed bag for extended storage.

Spinach is still trying to make a comeback but could really use another week and some cooler days to flourish. It seems to just be in a holding pattern waiting to jump. Lettuce continues to surprise us and will be in the baskets again this week. Basil is here and will be our herb of the week. There will be plenty of basil to come throughout the season including a 'pesto' delivery when we deliver large amounts. We have about 200 plants that are under standing water this week so the delivery will be light but sufficient, please pack your basil accordingly as it is every ones' favorite.

Tomatoes and eggplants will be delivered per drop-site. Both are in their early stages of production and we will deliver them based on quantity and availability.

We grow tomatoes for FLAVOR. We pick and deliver them just days from red ripe so you can store them on your counter, allow them to ripen right before your very eyes and use them at their peak. Tomatoes that are fully red ripe at the drop site should be use within a day or two. Blushing tomatoes will finish beautifully in a few days just resting in a bowl on the counter. Do not put them in the refrigerator.

We do not gas out tomatoes to ripeness, we do not pick them green on the vine and gas them in a truck, we do not spray our tomatoes, wax our tomatoes, ship our tomatoes across the country,

or use them to fend off bad jokes. We grow our tomatoes with water and sunshine. We pick them at just the right moment to make sure our members are treated to excellent flavor at the peak of freshness.

Moving on, the fields look great and we continue to plant for the fall. We use an integrated cover crop strategy. This involves planting non-harvesting crops, such as oats, rye, and field peas in the beds we have already used for vegetables. This allows for beneficial nutrients to replenish the soil, prevents erosion, and is an integral part of sustainable agriculture. What and when we plant a cover crop, as well as when we till in under, is part of a long term rotation process and prepares us for the Spring and years to come.

The greenhouse is packed with over 800 heads of garlic. We use about 200 of these for seed to be planted this Fall for next Spring. The rest we will deliver when they are done curing, just about next week.

The recipe and blog pages are constantly being updated. The recipes and emails have been coming in steadily. Thank you for contributing and for your kind words. It is great to hear about your families enjoying the vegetables. I love sharing the emails with the harvest crew in the morning, nothing like positive reinforcement before dawn. Thanks again for all the boxes!

Your Farmers,

[The Bistro Farm](#)