

BASIL PESTO

4 Cloves Garlic, minced
2 cups Fresh Basil Leaves, rinsed and thoroughly dried
1/3 cup Extra Virgin Olive Oil
1/2 tsp. Salt
1/2 tsp. Ground Black Pepper

1. Place the garlic and basil in the bowl of a food processor or blender. With the motor running, slowly drizzle in the oil through the feed tube, and process until the basil is puréed.
2. Transfer the pesto to a bowl and stir in the salt and pepper. Refrigerate, covered, until ready to use. This keeps in the refrigerator for 2 to 3 days. Or try freezing the pesto by filling ice cube trays with the prepared mixture. Place the filled trays in the freezer, then place the frozen cubes in freezer bags or other containers. Just thaw to use later. (We find that we use 1 cup of pesto for a meal when we have it with pasta, so we freeze it in one-cup containers.)

*Try adding ground pine nuts or walnuts and/or
Parmesan or Romano cheeses to taste.*

SUMMER SQUASH WITH GARLIC AND HERBS

*A mixture of very fresh Squashes: yellow crookneck, zucchini, or pattypan
Freshly chopped Garlic
Olive Oil
Fresh Basil or Marjoram
Salt and Pepper
Fresh Lemon*

1. Trim and slice or cut squash into julienne strips. Sauté in olive oil in a sauté pan until tender and just beginning to brown.
2. Add a generous amount of freshly chopped garlic and herbs and season with salt and pepper. Cook just a minute more, until the garlic releases its aroma.
3. Squeeze over a bit of lemon juice and serve.

ZUCCHINI BOATS WITH PARMESAN CRUST

1 tbs. Butter
2 tsp. Minced Garlic
4 small zucchini and/or summer squash, halved lengthwise
Salt and Pepper
Grated Parmesan Cheese

1. Preheat the broiler. Melt butter in a large ovenproof skillet. Add the garlic, and sauté over medium heat until brown.
2. Place the zucchini halves facedown in the garlic butter and sprinkle lightly with salt and pepper. Sauté until slightly tender.
3. Turn the zucchini over and sprinkle generously with parmesan. Cook for a minute or two longer. Transfer the skillet to the broiler. Broil for a few minutes, until the cheese is melted & golden brown. Serve hot.



WHISTLING TRAIN Farmletter

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JULY & AUGUST ARE THE MOST

trying months for us. Not only are we harvesting for everyone four days of the week, but we are also trying to weed and water all the crops that are planted. This is also the time that we need to get all of our winter crops planted. It's frustrating and exhausting. Mike works nearly 20 hours a day. The tradeoff is that we get to have nearly total rest in February and March, but it's hard to keep that goal in mind when there is so much to do. Right now, the problem is that we just don't have enough hours in the day—there are thousands of transplants that need to be planted out, many more that need to be started in trays, and more that need to be direct-seeded in rows. Then they all need to be watered after planting. And then, all the weeding and cultivating.

Our corn plants are nearly knee-high now, and I should be done rototilling the acre of rows today. They are looking good. The winter squash patch still has a day of rototilling to go, then the hills need to be weeded by hand—all three acres. The tomatoes are going to be a bit late this year because we didn't get them planted early enough, but they are bouncing back nicely. Onions are our weak spot this year—there just aren't many that made it, but green onions are coming. We got half the garlic harvested the other day and it is now drying in rows outside. The other half will need to be harvested next week.

The peas are finished, now that it's really summer, the fava beans will be done this week. The green beans are nearly ready—probably two more weeks. We should have broccoli to harvest next week, and mustard greens and swiss chard the week after that.

THIS WEEK'S MENU:

Lettuce
Spinach
Zucchini
Carrots
Fava Beans
Pepper Cress
"Spanish Roja" Garlic
Sweet Basil
FRUIT SHARES:
Juicy "Rival" Apricots
from Rama farms in
Bridgeport
Recipes on the back!

COMING SOON:

Broccoli
Green Beans

U-PICK PEAS ARE FINISHED NOW!

In a few weeks we'll invite you over to pick green beans..

OUR FLOWER PATCH IS READY FOR U-PICK!

Take home some Snapdragons, Cosmos, Bachelor Buttons, Salvia, Love-in-a-Mist, Calendula, Dahlias, Statice, and Black-Eyed Susans!