



Fresh Italian Basil
Touchstone Golden Beets
Cabbage
Mixed Cucumbers
Dino Kale
Spicy Microgreen Mix
Yukon Gold Potatoes
Sorrel
Summer Squash

Big thank you to Stephen for newslettering on short notice last week. Couldn't be happier to be back on the mic.

Usually, whatever ends up in this little preamble to the recipes comes together while we go about the week working in the field and making plans for the new box. I sit here rubbing my chin and ask myself, 'Okay, what's poetic about these carrots? What's the universe trying to communicate to me through this bolted arugula? How can I get Ann Nason to eat some sorrel?'

This week, though, for me, the daydreaming's been less about vegetables and more about friendship, family and community. How everything can change in an instant. How we never see the cliffs before we're falling over them, before we get that call, before we're driving home alone late at night longing to be in our childhood homes during Christmastime with friends and family that we haven't seen in decades. The unspoken commitments we have to one another. The beauty of just being there. Me behind the table with my spray bottle and my apron and you with your unremitting smile and your reusable grocery bags. Every day, we man our posts and we make each other's days. Even if there's a screaming toddler in the backseat of the car. Even if you're on the phone. Even if you're only really in it for the produce. Even if I don't know your name or you mine. Even if we've never met.

Thanks for being there. Glad you could make it. Let's share. Let's not take anything for granted. Let's be thankful for each other and for ourselves. We rule, don't we? Being alive is

pretty great, isn't it?

Vegetable of the week: Sorrel

“Ugh. Sorrel? When did we start *trying* to grow weeds?”

– The author, before tasting sorrel

Common sorrel falls somewhere between a leafy green and an herb, but isn't really either. It's part of the knotweed (think rhubarb, buckwheat...) family of plants and adds a bit of the good kind of grassy flavor to cooked greens. Call them overtones. The variety you've got in the box is called “common sorrel” or “garden sorrel”, and we aren't just giving it to you to get it out of the field - it's versatile, refreshing and pretty tasty stuff. If you break off a little to try when you pick up your box you'll notice that it tastes a lot like a lemon.

3 ways to use it:

- 1) Green Sauce – mix in blender with vinegar, sugar, oil and serve with meat, fish or poultry
- 2) Sorrel Greens – sauté with butter, salt and pepper as you would spinach
- 3) Sorrel Salad – mix it into a salad with other greens.

Recipes:

Hey, all: if you use one of these recipes (or make up your own) and get decent results go ahead and send us a picture. A lot of our time growing and handling these vegetables is spent daydreaming about what everyone ends up doing with it. Send us a pic and make our dreams a reality, won't ya?

Creamy Cabbage with Carrots

1 head Cabbage
4 large carrots
3 ½ tbsp. butter
4 tbsp. cream
dash nutmeg

- 1) Remove any tough outer leaves from cabbage. Cut head in half and remove core. Rinse and shred as finely as you can. Cut carrots into thin strips.
- 2) Bring a pan of water to a boil and add cabbage and carrots. Boil ~6 min. or until tender and then drain. Return to pan and add butter and cream. Season with salt + pepper. Add nutmeg and stir well.

Not down with the cream? Try braising the cabbage by melting 3 tbsp. butter over medium-high heat, adding cabbage, salt and then water and cook ~30 min over medium-low heat.

Roasted Garlic & Basil Summer Squash

2 lbs. summer squash, cut into small pieces
1 onion, sliced thinly
8 garlic cloves, sliced thinly
¼ cup olive/pecan/coconut oil
½ cup fresh basil, diced finely
salt + pepper

- 1) Preheat oven to 450 degrees.
- 2) Toss squash, onion and garlic with oil, salt and pepper.
- 3) Spread squash on baking sheet and bake for ~30 minutes, stirring the pan around after 15 min.
- 4) Toss roasted squash with fresh basil.

Kale, Cabbage and Sorrel Maple Syrup Slaw

1 bunch dino kale, shredded
1 head green or red cabbage, shredded
2 carrots, shredded
1 cup fresh sorrel stems removed and chopped
1 small red onion, minced
2/3 cup olive/pecan oil
1/3 cup balsamic vinegar
1 tbsp. lime juice
1 tsp. maple syrup
salt + pepper

- 1) Stir together the kale, cabbage, carrots, onion and sorrel in a large bowl. Set aside.
- 2) Whisk olive oil, vinegar, lime juice, maple syrup, salt and pepper. Pour over vegetables and stir. Chill in the refrigerator before serving.

Reminder: we've still some spots open for our limited summer CSA. They're filling pretty quickly but we're giving first crack to current members so if you want in then let us know soon. It's \$20/week for 10 weeks and you have the option of adding an egg share for \$45.

Have a great week! See you at market!