



CSA NEWSLETTER



Things come and they go, just like the river flows.



THIS WEEK'S VEGGIE LIST

Cucumbers
Bell Pepper
Potatoes
Onion
Garlic
Carrots
Spinach
Lettuce
Dill
Yellow Watermelon!
Add-On Tomatoes

WEEK 9 - A PLETHORA OF PEAK PRODUCE

Welcome to August! The month of juxtaposed emotions and sensory opportunity. We're at the half-way point of our allotted summer season and right around now we (farmers at least) are starting to get a little tired. It has been a busy and productive push of planting, cultivating, irrigating, harvesting, preparing and shipping thus far and we have loved every minute. But we still have the second half ahead of us and some vices are needed to keep the spirits lifted.

It's a great time to slow down – not for too long – and smell the proverbial flowers. There is so much to enjoy and taking time to embrace it is so important in reminding us what we have to be grateful for. Produce production is at its peak right now and there are so many options for refreshment and respite. Watermelon and cantaloupe are coming on strong and we have several varieties to choose from. Yellow, red, and orange watermelons along with goddess variety cantaloupe (this is a high producing and very tasty muskmelon). It's the perfect time of year to grab a cold melon from the fridge and go enjoy it by the river!

Tomatoes, corn, green beans, berries, figs, eggplant, squash, and - oh yeah - peppers! In the wise words of Rafiki the Baboon, "It is time". Time to take the summer season by the hand and be OK with relaxing. Peppers in particular are an exciting and welcome sign of the times. At markets you will already be seeing poblano, bell, and jalapeño peppers, but soon you will start seeing Jimmy Nardello sweet Italian peppers and shishito peppers as well. Along with a few other surprises. So, let's start thinking about those summer and southwest flavors to bring to the next cookout. I'll just be over here eating an orange watermelon in the hammock. Cheers!

-DANIEL RAYNE



REFRESHING WATERMELON AND HERB SALAD

Ingredients:

- Yellow watermelon
- 2-4 Persian cucumbers
- 1/4 cup Mint and/or Basil
- 1/2 cup Crumbled Feta
- 2 tbsp Fresh lemon Juice
- 2 tbsp Olive Oil
- 1 tbsp Honey
- 1/4- 1/2 tsp Salt

Directions:

1. Wash all produce (we wash our produce for you but this is always a good safety practice)
2. Make dressing by combining lemon juice, olive oil, honey and salt in a bowl and roughly whisking together until salt is dissolved
3. Cube watermelon through whatever method works for you (I like to cut mine into classic slices, cut away rind and cube from there)
4. Cut cucumbers into rounds or half rounds depending on your desired bite size and aesthetic preferences
5. Roughly chop herbs to taste
6. Crumble feta (if not already crumbled)
7. Combine, melon, cucumber, dressing and herbs in a large bowl and toss
8. Serve and add feta as desired



*Recipes from Striped Spatula and
Get Inspired! Respectively*

BELL PEPPER, ONION, FETA & SPINACH SALAD

Salad Ingredients:

- 8 cups washed baby spinach, 8 ounces
- 1 small red bell pepper, cored and chopped bite size, 6 ounces
- 1/2 cup finely slivered or diced red onion, 2 ounces
- 1/2 cup crumbled feta cheese
- 1/2 avocado, peeled, pitted, and thinly sliced, 2 ounces

Dressing Ingredients:

- 2 Tablespoons white wine vinegar, or fresh lemon juice
- 1 1/2 tablespoons chopped fresh dill
- 1/2 Teaspoon sea salt
- 1/4 Teaspoon freshly ground black pepper
- 1/3 cup avocado oil, or olive oil

Directions:

1. Place all the salad ingredients into a large serving bowl.
2. Add all the dressing ingredients to a mason jar, tightly secure the lid, and shake the dressing until it's emulsified.
3. Dress the salad by pouring about half the dressing on and tossing to combine, keep adding dressing until it's just how you like it. We like a lot of dressing so I used the whole batch.
4. Serve immediately, or keep the salad and the dressing separate and covered in the refrigerator for up to 1 day before serving.



We'd love to see what you're
doing with **your** CSA box!

Tag us on FB and IG: [@GatheringTogetherFarm](#)