



What's in the box?

- **Fresh Heirloom Garlic** (*not intended for long-term storage, cured for only 2 weeks*)
- **Red Norland New Potatoes** (*not intended for long-term storage, thin-skinned "new"*)
- **Heirloom Cucumbers Mix**
- **Heirloom Summer Squash Mix**
- **Rainbow Swiss Chard OR Heirloom Eggplant**
- **Mild/Zesty Peppers Mix**
- **Cherry Tomatoes Mix**
- **Heirloom Tomatoes Mix**
- **Red Wing Onions**
- **Heirloom Green Cabbage**
- **Heirloom Lacinato Kale**
- **Polish Heirloom Ground Cherries**
- **Korean Heirloom Sun Jewel Melon** (*yellow with white stripes*)
- **Fresh Thyme or Fresh Sage**
- **Salad Mix/Green Romaine** (*arugula, baby Swiss chard, Asian & mustard greens, oak leaf, Romaine, sweet sugar pea shoots*)

Recipe Corner:

Ground Cherry Sweet and Sour Sauce from Christina at Cautiously Domestic

Yield: About 3 cups

- 1 tablespoon olive oil (or oil of your choice)
- 1 medium green bell pepper, cored and cut into 1-inch pieces
- 1 medium red bell pepper, cored and cut into 1-inch pieces
- 1 small white onion, peeled, cored and cut into a large dice
- 1 cup of husked ground cherries
- 6 tablespoons honey
- 3 tablespoons white vinegar
- 1 tablespoon coconut aminos (or soy sauce)
- 1 heaping tablespoon tomato paste
- 1 teaspoon crushed red pepper flake (optional)
- 1/3 cup water
- 1-2 tablespoons arrowroot powder (or preferred thickening agent)

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Storage Tips for Newly Introduced Vegetables:

- Eggplant - Prefers room temperature and stay away from storing it in a plastic bag which promotes quicker decay.
- Melon - be sure to wash prior to cutting, keep in fridge until ready to eat.
- Red Onions - while these are not cured, they have formed their initial papery skins. Store in a dark, dry, cooler place for longer storage.
- Ground Cherries - store on the counter or in a dark, dry, cooler place with ventilation. Berries will sweeten up over a two week time - if they last that long!

(Recipe continued...)

- Heat oil in a large skillet over medium-high heat. Add your onions and sauté 4-5 minutes, stirring occasionally, until softened.
- Add your peppers to the pan and sauté 3-4 minutes more.
- Meanwhile, whisk honey, vinegar, coconut aminos, tomato paste, red pepper flake, water and one tablespoon coconut aminos together in a small bowl.
- When the vegetables are softened, but not mushy, add the liquid ingredients to the pan with the vegetables and bring to a soft boil. Stir gently until the mixture starts to thicken. If needed, sprinkle in more arrowroot powder until the desired consistency is achieved.
- Reduce heat to medium and add the ground cherries to the pan. Cook 1-2 minutes more, until the fruit is just warmed through. Serve hot spooned over your favorite starch or protein.

Upcoming Events:

- **Saturday, August 23rd** (10am-1pm) **CSA Tater Dig** (*all welcome to come on out & get your hands dirty - great fun for kids!*)
- **Thursday, September 4th** (6pm-8pm) **Farm to Table Wine Dinner** featuring Bossy Acres, Winehaven Winery, and Pairings Food & Wine. Tickets available soon at www.pairingsfoodsandwine.com
- **Saturday, October 18th** (12pm-4pm) **CSA Fall Harvest Party & Gleaning of the Fields:** more information to come. May push up to October 11th depending upon weather.

Next CSA Pick Ups:

- Week 9 (*Aug 19th and Aug 21st*) - full AND mini shares (*please return your boxes!*)
- Week 10 (*Aug 26th and Aug 28th*) - full shares only (*please return your boxes!*)