



2011 Season

Week eight

July 18, 2011

Zilke Vegetable Farm CSA

Yes, we recycle.

Our supply of veggie boxes is dwindling!! Have you been stockpiling yours, repurposing yours, forgetting to return yours, or—heaven forbid—THROWING yours out every week?

We recycle, reduce, and reuse whenever possible and this includes the wax boxes we use to pack your weekly veggies. Please be sure to return yours every week!

We also welcome your recycled items for reuse here at the farm:

- **Egg cartons**
- **Rubber bands**
- **“Strawberry-type” boxes of every size, plastic ones too.**
- **Clean grocery bags**

Farm Updates

We opened the farm stand last week, adding a wonderful service to our community and expanding our business model into retail sales. We have enjoyed all the folks who have stopped by. . . many reminisce about working as teens for Raymond or buying vegetables from Alta. Everyone is so glad to have the stand open once again and to have access to healthy, local food grown by farmers they know.

We want you to know our first customers are our CSA members, and our first and best produce is picked for your boxes each week. The first tomatoes are just now ripening, and every one of them will go into this week's boxes before any will be offered for sale at the stand. (And yes, I eat them as I pick them. . .)

Some items will be purchased for resale, such as newly harvested honey from my beekeeping mentor and friend Tom Draves—my honey harvest is

What's inside your box this week:

Sweet corn – at last! Eat this classic summer staple raw, boiled (3 minutes is plenty) or grilled.

The first tomatoes of the season—roma or cherry variety, if not this week, then next!

Zucchini—tender and tiny. We pick every day to keep our squash at 4 to 6 inches. If you'd like big ones for bread, let us know!

Green or yellow mild/sweet peppers. These early ones are tiny!

Hot peppers—cowhorn or Hungarian

Carrots—a handful of tiny snack size OR a few early green beans

And maybe a bit of this or that

still a few weeks off—so that our Milan community has access to great food as well. My honey, like the first tomatoes, will fill CSA members' boxes this season. We will continue to provide you with an excellent variety and amount of fresh local produce for you throughout the growing season. Some of this purchased produce will continue to make its way into your boxes, such as this week's first sweet corn, grown by our cousin Deb in Deerfield.

Check out the article in our local paper, Discover MilanNews:

<http://discovermilannews.com/745/07/2011/>

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Yes, things are moving along well in this summer heat. From top left, clockwise:

Royal Burgandy Bush beans, Mountain Spring tomatoes, Superior Red potatoes, and sweet yellow banana peppers.

Some favorites from our kitchen:

Corn on the Cob

- Try a flavored butter—add these to softened butter:
 - minced garlic
 - Chopped cilantro and fresh squeezed lime juice
 - Dill and lemon juice
 - Garlic, cumin, and cracked black pepper
 - Parmesan cheese and pepper
 - Lime zest (grated rind), lime juice, and salt

Peel back inner husk and remove silk. Rub corn with flavored butter and pull husk back over corn. Grill, turning frequently.

Or, cook corn and serve with your favorite flavored butter

Freeze unused butters—roll into “logs” and wrap in saran wrap—and enjoy later

Veggie stirfry

Dice, chunk, or chop any and all vegetables

Heat olive oil and one or more garlic cloves in wok

Add and stirfry veggies until tender

Mix 2 T olive oil, 2 tsp soy sauce, 1 tsp dry ginger, 1 T honey—add to veggies and toss/heat until glazed