



Bear Prints

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Reminder—people who paid half at the beginning - the other half (\$265) is due no later than August 1st. That is basically in 2 weeks, so don't procrastinate please! I start reminding early, since some weeks people are away and/or don't read their newsletters. It is tough enough right now without having to call people. Thanks!

Farm News

Last week I warned of upcoming shortfalls due to the cold, rainy weather. That has continued, although we had some sun this weekend. But guess what folks? It poured Sat. night and it has been 50 to 55 in the mornings. That's darn cold for mid-July and not conducive to growing veggies.

To make matters worse, we had damaging hail last week. You may nor may not have seen it yourself—it was very localized. You could see halfway down the street where leaves from the trees were on the ground. Luckily, we didn't get hit at our Nashoba fields. It was pretty depressing and some of you saw the divets taken out of the zucchini. It will set the cherry tomatoes back since it knocked off a bunch of flowers, but it could have been worse. The plants will make it through. Now we just have to pray for some hot dry weather! Other farmers at the market said they are in the same boat, so to speak. You know we are doing the best we can.

We've seeded a bunch of quick-growing greens. We've had requests for arugula and Mike just got his third planting in—hopefully the third times a charm! Anna Barker is on vacation this week, so no second page. Every year she goes to visit her folks in Ohio and it just makes us appreciate her second page all the more! We miss you Anna!

Leftover Veggies for Lunch:

- Quesadilla
- Omelette
- Pesto Mayo, as a sandwich spread or served with leftover roast vegetables. (Add about 1TBS any pesto to 1/4 C mayo.)
- Quiche
- Pizza
- Frittata
- Vegetable Panini Sandwich, with a slab of good-quality cheese (spinach and goat cheese, or arugula and brie, etc.)
- Cold, right from the fridge

What's New In Your Share This Week

New this week are **purplette onions**. They are cute little things that we don't grow every year. I'm not sure why—just too many veggies to choose from and not enough time for everything!

You can use them as boiling onions and the tops as scallions. You could also chop them up and use as regular onions if you want.

Also new this week is **mizuna**. It is an Asian green that is fine for salad. It has a slightly peppery taste, I think, but not particularly strong. It is really good mixed in with lettuce, but you could make a salad of just mizuna if you don't get any lettuce this week. Add some of your purplette onions.

Another way to use mizuna is to lightly saute it, just until wilted. Maybe with a little soy sauce or sesame oil. Then use it as a bed for salmon. Yum! Mike has done that a few times and we love it.

This week the mizuna is pretty young and tender, but when it gets bigger the stems can get a bit tough. We are hoping that hot weather makes it grow so fast that by Friday it will be really big!

Well, I guess I better get to work; Lord knows we don't want me to get fired this year! Enjoy the sun and I'll try to visit with you in the next couple weeks. I often go in late and work late (like today), so I don't get to see many of you.

