



Weekly News and Recipes

Growing Organic Vegetables in the Orting Valley since 2009!

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We are finally getting caught up with all the weeds after the rains and the tractors breaking down. Irrigation is in full swing as is harvest and planting. These are the busiest days of the year. These are the days where we do not leave the farm together; someone always needs to be here to tend to the food. This is the exciting and stress-

ful period that makes farmers, well farmers. Sweet sungold cherry tomato, how I love you. If you are familiar you already know, but for those of you experiencing for the first time get ready for bliss. The first sungold of the season always gets the same treatment from me, eyes closed

taking in the aroma and finally sucking out the tomatoey goodness. I recommend eating them right out of the pint. Feel free to finish the **whole thing at once**. That's my method (except mine tend to be in my pockets). Pure candy. Enjoy-- Amy

Fava Bean Salad

Fresh fava beans are a fleeting seasonal treat. They are also, without a doubt, a labor intensive treat since they must first be removed from their outer pod and then, unless they are very small and tender, slipped out of the tough skin that enwraps each bean. If that's too much trouble for you, you can leave the shelled beans inside the skin, saute them in some olive oil, garlic, salt and pepper, and let each diner perform the final extraction of bean

from skin with fingers and teeth.
1 1/2 lbs fava beans
2 medium fresh tomatoes, chopped (can sub cherry tomatoe)
1 small onion, diced (can use pearl onions)
1 cucumber, diced
2 cloves garlic, minced
1/4 cup chopped fresh parsley
1 lemon, juiced
3 tablespoons olive oil
1 teaspoon ground cumin

salt and black pepper to taste
Fill a bowl with ice and water. Bring a large pot of salted water to a boil. Add the fava beans and cook until just tender, 3 to 4 minutes. Drain and shock in ice water. Drain again and remove outer skins. Combine fava beans, tomatoes, onion, and cucumber in a salad bowl. Toss with garlic, parsley, lemon juice, and olive oil. Season with cumin, and salt and pepper to taste.

Lacinato Kale and Ricotta Salata Salad

3/4 to 1 pound lacinato kale, stems and center ribs discarded
2 T finely chopped shallot
1 1/2 tablespoons fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper
4 1/2 T extra-virgin olive oil

2 ounces coarsely grated ricotta salata (1 cup)
Working in batches, cut kale cross-wise into very thin slices. Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then

add oil in a slow stream, whisking until combined well. Toss kale and ricotta salata in a large bowl with enough dressing to coat well, then season with salt and pepper.

Summer Squash Walnut Bread

3/4 cup whole-wheat flour
3/4 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
2 large egg whites, at room temperature (see Tip)
1 cup sugar, or 1/2 cup
1/2 cup unsweetened applesauce
2 tablespoons canola oil
1/4 teaspoon lemon extract,

(optional)
1 cup grated summer squash, lightly packed (about 8 ounces)
2 tablespoons chopped walnuts
Preheat oven to 350°F. Coat 2 mini 6-by-3-inch loaf pans with cooking spray. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl. Whisk egg whites, sugar (or Splenda), applesauce, oil and lemon extract (if using) in a

medium bowl. Stir in summer squash. Make a well in the dry ingredients; slowly, mix in the summer squash mixture with a rubber spatula. Fold in walnuts. Do not overmix. Transfer the batter to the prepared pans. Bake the loaves until a toothpick comes out almost clean, 40 to 45 minutes. Cool in the pan on a wire rack for about 5 minutes, then turn out onto the rack to cool completely.

In This Week's Share:

Pearl Onions	1 bu
Lacinato Kale	1 bu
Basil	1 bu
Spinach	1 bu
Cucumber	1 ea
Celery	1 hd
Fava Beans	1 1/2 lb
Sungold Cherry Tomatoes	1 pt
Mixed Summer Squash	1 lb
Parsley	1 bu