



## This Week's Share May Contain:

- Raspberries
- Scarlet Turnips
- Onion bunches
- Beets
- Summer Squash or Zucchini
- Cucumber
- Basil
- Bean
- Salad Mix
- Carrots
- Scallions

## Helpful farm expressions in Spanish

If you see a worm like this, kill it!

*¡Si usted ve un gusano así, lo mata!*

Don't go in the tomato field when it is raining.

*No entre el campo de tomate cuando llueve.*

## Finally, a Farm Mechanic!

Since we started farming together in 1997, Erik and I have thought of many ways to make a farm run smoothly. Some of our ideas have become a reality while others are simply dreams. We've always wanted helper monkeys, for example. They could pack freshly washed produce and organize it in the walk-in cooler. However, we know they probably wouldn't be as well behaved as they are in our imaginations. We like to think they'd be able to take care of many smaller tasks around the farm, but they'd probably just throw food at each other and swing around the barn all day. Another dream of ours has been to have a farm mechanic. While farmers often find themselves acting as welders, contractors, soil scientists, mechanics, veterinarians, meal planners, and marketers, they also have to find time to grow food. We've always wished we could afford to hire a mechanic to fix all the things that break. Erik enjoys tinkering with the tractors in the winter, but he is so busy in the summer that broken stuff often stays broken.

When we met Ernie Thomas last fall, he told us to call him if we ever needed anything fixed. Well, this spring we finally called him and we've been keeping Ernie really busy ever since. He can fix just about anything, from manure spreaders to Ford F-150's, but he specializes in all major home appliances. So if you've got a washing machine, an oven, or a dishwasher that's been making funny noises, give him a call at [401-398-2128](tel:401-398-2128) or email him at [ethomasman@hotmail.com](mailto:ethomasman@hotmail.com). We are hesitant to share his information with you, since we'd like to keep him to ourselves, but he's great and we wanted our members to know about him. He's been incredibly helpful around the farm this year, and supports what we do. In fact, if you mention you heard about him since you're a CSA member, he says he'll give you a discount!

## Volunteers Needed

With one of our workers out of commission for a few weeks, we need the help of our members more than ever. Here's your chance to experience the community in Community Supported Agriculture. We need your help Tuesday (noon to 4pm). If you want to help but this time doesn't work for you, please let one of us know when you can come by. We will try to accommodate your schedule.

## Recipes and Usage Tips

### Got Beets?

Do you have beets piling up faster than you can use them? Remove the tops and store the roots in a sealed plastic container. They'll keep for weeks or even months!

### Cippolinis

Cippolini onions take on a splendid sweet flavor once they are sautéed or grilled.

### *This week, we have 2 more recipes shared by members!*

### **I Can't Believe How Easy It Is Summer Squash Sauté**

We can't remember who gave us this recipe, but thank you!

3-4 Summer Squash or Zucchini, sliced  
2 Cloves Garlic, minced  
1 Tbsp. Olive Oil  
1/2 cup Shredded Mozzarella Cheese  
2 Tbsp. Chopped Fresh Basil  
2 Tbsp. Grated Parmesan

1. Saute squash and/or zucchini in oil in large skillet on medium heat for 3 minutes, stirring occasionally. Add garlic; cook 3 minutes more or until vegetables are crisp-tender.
2. Remove from heat; stir in mozzarella and basil. Sprinkle with parmesan.

### **Megan's Bulgur Wheat & Fresh Veggies**

1 cup Bulgur Wheat	Handful of Mint, chopped
2-4 Beets, peeled (if desired) and grated	Handful of Currants
5-6 Scallions, whites and greens sliced	Olive Oil
3 Harukei Turnips, sliced	Salt and Pepper
1/2 cup Toasted Walnuts, coarsely chopped	Sliced Carrots
Juice from one lemon	Chopped Cucumber

Optional add-in:

Diced Preserved Lemon Peel (really good if you have it!)

Bring 4 cups water to a boil and combine with bulgur in a large bowl. Set a plate/lid on top and let it sit for 45 minutes. Strain excess water, then wrap bulgur in a clean kitchen towel and gently squeeze out more water.

Toss Bulgur with other ingredients, cover, and refrigerate for 1-2 hours. Adjust seasonings to taste and serve cold or at room temperature.