

Voluntown Peace Trust
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Garden news

This heat may be suffocating us, but the tomatoes are loving it! Our fourth week of the CSA has come already and we are having a blast. Unfortunately, Katie Jumper our tireless volunteer will be leaving us for greener pastures up north. Thank you to Katie for all her hard work!

This week we are pleased to give you our first potatoes as well as a wide assortment of other produce. Basil and squash continue to be abundant and the turnips are bigger than ever. Remember to contact us if you are making pesto and need more basil or parsley, we would be happy to sell you more.

We are happy to say that carrots, onions, and peppers are on their way and should be in your box either this week or next week.

This week we were lucky enough to catch both a rabbit and a small groundhog in our traps. Thankfully, they have been safely transported to someone else's garden, - no worries.

This week we are again selling our produce at the new farmer's market organized by F.R.E.S.H. New London, a non-profit gardening project that provides job training for low-income youth. The market is located next to Michael's Dairy on the Mitchell College campus in New London (Montauk Road). It is

open Saturdays and Sundays from 10am to 4pm for the rest of the summer. For more information on the market call 701-5073. We are excited to support F.R.E.S.H.'s work. Visit www.freshnewlondon.org to learn more about them!

We will be opening our farm stand this weekend, July 14. Please tell your friends to look out for our colorful signs.

BUEN PROVECHO!!!

What's in your box this week:

Cucumbers
Head lettuce
Cabbage
Potatoes
Turnips
Summer Squash
Basil
Broccoli

Preparation

Make soup: Cut fennel stalks flush with bulb, discarding them, and trim off any tough outer layers from bulb. Chop fennel into 1/2-inch pieces.

Cook pancetta in oil in a 7- to 9-quart heavy pot over moderate heat, stirring occasionally, until just beginning to brown, 5 to 7 minutes. Stir in fennel, onion, turnip, carrots, and cabbage and cook, stirring occasionally, until cabbage is wilted, 5 to 7 minutes. Add cheese rind, squash, potato, thyme sprigs, bay leaf, salt, and water and bring to a boil.

SOUPE AU PISTOU

Ingredients

For soup

1 small fennel bulb (also called anise)
1/4 lb sliced pancetta (salted ham), chopped
1 tsp extra-virgin olive oil
1 med. onion, chopped
1 med. turnip, peeled & cut into 1/2-in pieces
3 med. carrots, peeled & cut into 1/2-in pieces
1/4 sm. cabbage, cored & chopped (2 cups)
2 sm. squash cut into 1/2-in pieces
1 med. potato, peeled & cut into 1/2-inch pieces
2 sprigs fresh thyme
1 bay leaf (not California)
1 1/2 tsp salt
9 c water
1 (10-oz) package frozen baby lima beans
1/2 lb thin green beans, cut into 1-in pieces
1 (15-19oz) can white beans, drained & rinsed
5 oz baby spinach (5 cups)

For pistou

3 large garlic cloves
1/2 tsp kosher salt
1 1/2 c fresh basil leaves
1/4 c extra-virgin olive oil
1 oz grated parmesan (1/3 cup)

Reduce heat and simmer, uncovered, 10 minutes. Add lima beans, green beans, and cannellini and simmer until vegetables are tender, about 5 minutes. Discard thyme sprigs, and bay leaf. Stir in spinach and season with salt and pepper.

Make pistou while soup is simmering: Mince and mash garlic to a paste with salt (or pound with a mortar and pestle). Blend with basil in a food processor until basil is finely chopped. Add oil and cheese and purée.

Top servings with a spoonful of pistou, then stir.

