

Garden news

Welcome to the CSA week number 7! We are entering the heat of the summer and so your boxes should continue to contain lots of yummy summertime veggies. Also, you will begin to see less greens for a bit, as they do not do as well in the heat. Hopefully you'll be ready for more as the weather cools down.

Also due to the heat and lack of rain in the forecast, we had to resort to some emergency watering of the 400 or so tomato plants in the Upper Field. We pumped over 200 gallons of water last night and heavily watered the tomato plants and they seem much happier now. If the forecast continues to be dry, we will likely need to do this again in a few days.

We have begun to plant for the fall. This week we planted more kale, chard, cucumbers and squash, and we also planted some bok choy to experiment with. This will all be ready in

September.

The warm weather also creates a welcome environment for the tomato horn worms. We have started to see an abundance of these pesky worms that eat the tomato plants. Thankfully, we also have seen a good bit of parasitic wasp eggs on the worms and these cause the horn worms to shrivel up and die. They are definitely beneficial for the garden. The parasitic wasps are attracted to flowering plants and so the flowering plants all around the garden and the wildflowers in the field are all helpful in attracting the wasps. The eggs are small and white. If you see them on the horn worms in your garden, be sure to leave them as they'll take care of the horn worm for you.

Finally, the celery in your box is not typical celery. The flavor is a lot stronger and it's great to cook with. Hope you enjoy it.

Buen Provecho!

What's in your box this week:

Cabbage

Squash

Eggplant

Tomatoes

Peppers (1 bell, 1 cubanelle)

Green Beans

Cucumbers

Basil

Scallions

[MINISTRONE WITH BASIL](#)

Ingredients

1/2 cup dried red beans
5 cups water (or soup stock)
2 cups shredded green cabbage
1 1/2 cups chopped tomatoes
1 small onion, chopped
1 celery stalk, diced
1 carrot, diced
1 zucchini, diced
1 medium russet potato, peeled, left whole
1 small russet potato, peeled, diced
3 tablespoons extra-virgin olive oil
1 1/2 tablespoons finely chopped garlic
1 teaspoon salt
1/2 cup small shell pasta
1/2 cup chopped fresh basil
Freshly grated Parmesan cheese

Preparation

Place beans in medium bowl. Add enough cold water to cover by 2 inches; soak overnight. Drain.

Place beans in large Dutch oven. Add 5 cups water or stock and next 11 ingredients and bring to boil. Reduce heat, cover and simmer until beans are tender, stirring occasionally, about 1 hour.

Transfer 2 cups soup and whole potato to blender and puree. Return puree to soup in pot. Add pasta and 1/4 cup basil; simmer uncovered until pasta is cooked through and flavors blend, stirring occasionally, about 25 minutes. Season with salt and pepper. Mix in 1/4 cup basil. Serve with Parmesan cheese.

Serves 6. This recipe can easily be doubled.