



# FARM NEWS

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## *Around The Farm*

Thank goodness for this cooler weather. It feels like a different world, a lot less like Hades, when it's in the upper 80's rather than the upper 90's. The farm crew has been working a lot of extra hours to keep the fields wet and the crops happy in the heat. With all of our recently planted and seeded sections, it takes a lot of time to keep everything from drying out too much.

Gratefully however, the heat did push our melons to ripeness. We've been having fun trying all the different varieties, some amazing and others a bit disappointing. But overall, our melons are great this year. We grow about 10 different varieties of melons, mostly musk-melons or cantaloupe types and some watermelons as well. Over the next few weeks (if not this week), you'll be getting some melons in your boxes.

We're also stoked to be harvesting tomatoes now. The Sungold cherry tomatoes are the first to be ripe. These golden-orange cherry tomatoes are so sweet that they almost taste like candy. They're great in simple salads with basil, olive oil and fresh mozzarella or just about anything. We hope you're enjoying the corn too!

## *Cooking the Harvest*

Eggplant and Sungold Cherry Tomato Salad  
from The Mountain Bounty Farm Kitchen

Slice 1-2 eggplants into ½" rounds or slabs.  
Salt and set aside for a few minutes.  
Wipe away wetness with a cloth.  
Place into a well-oiled hot skillet and cook on med-low heat until browning, then turn over (don't be in a hurry, be sure to let them cook through). When soft, remove from the pan and place on a cutting board.  
Let them cool for a few minutes, then chop the cooked eggplant into smallish pieces. Place the eggplant in a bowl and drizzle with a bit of lemon juice, a good amount of olive oil, a squeezed clove of garlic and some salt and pepper. Chop up fresh basil

and add to the eggplant. Mix up and let sit while you chop up the cherry tomatoes. Add them to the eggplant and serve over lettuce or pasta (cooked green beans are a wonderful addition to this!)

Cucumbers with Cream and Mint  
from The Art of Simple Food by Alice Waters

Peel and slice 2 cucumbers. If the seeds are large and tough, cut the cucumbers in half lengthwise and scoop out the seeds with a spoon before slicing. Place them in a medium sized bowl and sprinkle with salt. In another bowl, combine ¼ cup heavy cream (can substitute whole milk plain yogurt), 3 tablespoons olive oil, juice of ½ lemon, and fresh ground black pepper. Stir well. If water has accumulated with the cucumbers, drain it off. Pour the dressing over the sliced cucumbers and combine. Coarsely chop 3 mint sprigs (parsley or basil will work too). Toss with the cucumbers. Taste and adjust the salt as needed. Serve cool

Corn Hash  
from The Art of Simple Food by Alice Waters

This corn hash has an exciting and lively combination of flavors : sweet corn, tart lime, and spicy peppers. It goes with all kinds of summertime dishes.

Shuck and remove the kernels from 4 ears of sweet corn. Melt 2 tablespoons butter in a heavy skillet over medium heat. Add 1 small red onion, 1 small hot chile (diced finely). Cook for a few minutes, tossing or stirring, until the corn is cooked. If needed, add a splash of water to moisten. Season with a squeeze of lime juice, 1 tablespoon chopped cilantro (or basil or parsley). Taste and adjust the seasoning.

## *Reminders*

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[http://mountainbountyfarm.com/news.cfm!](http://mountainbountyfarm.com/news.cfm)