Cherry Tomatoes, members 41-90
Red Cabbage, 1 head
Sweet Onions, 1 bunch
Eggplant, 1 globe OR 2 Japanese
Carrots, 1 bunch
Salsa Basket, 1 bag
Cucumbers, 1 piece
Summer Squash, 4 pieces
Choice of Herb, 1 bunch
Garlic, 1 bulb
Tomatoes, see signs on crates

The share this week takes up a bit less space than usual (especially since the carrots are coming without the tops), but it is heavy and dense! Most of the items will be familiar to you, but we do have two new additions:

We are just beginning to harvest onions. The sweet onions are always the prettiest and the first to mature. They also really are sweet. This variety is called White Wing and two summers ago Jake declared them to be the best onions he has ever eaten. Neither of us has tried them yet this season, but we are expecting they will be great!

Red cabbage is also new this week. I found a recipe for red cabbage slaw that I am anxious to try. It calls for one cabbage, 1 pound of carrots (the amount in your share), 1 bunch cilantro (which we do not have right now due to the heat), 1/3 lime juice, 1/3 cup apple cider vinegar, 2 Tbs. salt, and 1 Tbs. ancho chili powder. Thinly slice or shred the cabbage, grate the carrots, and chop the cilantro. Then toss all the ingredients together and let stand for 1 hour. Serve. The recipe is from Jill Watson at the Taqueria Gila Monster Restaurant.

Coming next week: more tomatoes, beets, scallions, and possibly more beans.

Tomato Season

It’s here. The season of the most versatile and popular summer food, the tomato season. Every year I both dread and anxiously await the first ripe red fruits. I await them because of their unparalleled flavor. Of all the foods I eat, the tomato is the one that is most shockingly delicious when eaten fresh off the vine for the first time each year. After ten months of canned tomatoes, I forget how different a fresh tomato can be. So juicy, so tangy, so warm and full of sun. So good. And so short lived. There are only 5 to 8 weeks to eat my fill before it is back to canned and frozen. I certainly enjoy tomatoes in those other forms, but for me they cannot hold a candle to the fresh fruits.

Much as I love them, I also dread the tomato season. When the tomato harvest comes on in full force, there is no ignoring it, no postponing it. Every Monday, Wednesday, and Friday from now until frost or disease take down the plants, we will be harvesting, sorting, and organizing more tomatoes than it seems wise to count. Still, I cannot help myself. We harvested 1250 pounds of tomatoes so far this week. On Friday that total will approach a full ton. Next week the total will be that much again, or more. By the end of August, I expect that we will start to see a slow decline. By mid September I will be hoping that frost or plague or something will finally free us from the tomato harvest. We do still have other work to do after all!

Wednesday was our first big harvest of the year. It went about the same way tomato harvest usually goes. The crew fills buckets from the field. Jake and I stand at the back of the truck sorting each variety into three or four categories of ripeness and quality. Though we work as fast as we possibly can, Jake and I can never keep up with the crew. Soon we are out of empty harvest buckets, all our crates are full, and the back of the truck is stacked dangerously high with the tomato bounty. It does not take long for me to start shaking my head and wondering why I planted so many tomatoes!

Luckily, I’m the only one who ends up muttering to myself while searching the shed for any old, broken crate that can be called back into service for the tomato season. Every year I worry and fret over this crop. It seems that if it is not one thing, it is another. For the last couple of years too much rain brought on late blight and other diseases so early that we had an abrupt end to our harvest. This year the long period of drought (which we hope is over!) is causing blossom end rot. Knowing that there always seems to be something with tomatoes, Jake reminds me that having difficulty managing the bumper crop weeks is really something to be celebrated and not bemoaned.

So, I take another bite of fresh tomato and keep sorting and stacking, feeling grateful that the tomatoes are here, as delicious and beautiful and bountiful as we could hope.

Thanks to Angela Richardson for the photos of our Wednesday tomato harvest on the back of this newsletter.
A couple of years ago Jake instituted a treat day at the farm. Every Monday someone brings a treat to have with lunch. This past Monday was Julie’s turn and she turned our growing stash of broken and blemished carrots into a yummy dessert! The original recipe and her variations are below.

**Gajar ki Kheer**  
aka Carrot Pudding with Cardamom and Pistachios  
from *Classic Indian Cooking* by Julie Sahni

“"You don't have to be a carrot lover to like this luscious pistachio-laced pudding. Although this dessert is popular throughout the North, it is really the favorite of the Punjabis. It is made by cooking grated carrots with thick, creamy milk until the mixture reduces to the consistency of rice pudding. Sometimes a little rice is added to provide puffiness and body, and also to blend in flavors. This dessert is at its best when thoroughly chilled.”

4 cups milk  
2 Tbs. long grain rice  
2 cups firmly packed peeled and grated carrots (about 1 pound)  
1/2 cup sugar  
2 Tbs. slivered blanched almonds  
1/3 tsp. ground cardamom  
1 tsp. rose water  
1/4 cup heavy cream  
2 Tbs. chopped blanched raw pistachios

1. Bring milk to boil in heavy-bottomed 3 qt pan. Add rice, stir for a few minutes to prevent settling. Reduce heat to med-low and cook milk at bubbling boil for 20 minutes. The rice will be thoroughly cooked and the milk reduced by half. Stir often to ensure that no skin forms.

2. Add carrots, and continue cooking, uncovered for 15 minutes or until carrots are cooked and most of milk has been absorbed by carrots, stirring often to prevent burning. (The contents of the pan should reduce to a thick, pulpy sauce.)

3. Add sugar and almonds, and cook, stirring constantly, until pudding is very thick and begins to stick to the bottom of the pan (about 10 minutes). Turn off heat and let pudding cool to room temp.


**Julie’s modifications:**  
I followed the recipe exactly the first time and it does indeed progress the way Julie Sahni outlines. After that, I started playing around with it. My changes are as follows:

1. I quadruple the recipe because I seem to always make it when I have a ton of carrots (and by a ton I mean 8 cups).

2. I cut the sugar in half (for 8 cups carrots, 1 cup sugar)

3. I stopped stirring all the time. I didn't really care if a skin formed or if it was the right consistency. If it didn't thicken up in time for dinner, I admit, I added cornstarch.

4. I never added rose water.