

## PROJECTED ITEMS:

### PRODUCE SHARES

**Cabbage**- these adorable storage cabbage are sweet; good roasted, in slaws, or tacos

**Cherry Tomatoes** - these like to be stored on the counter, they're perfect for salads, salsa, or roasted (see recipe)

**Green Onions** - store refrigerated; good for omelettes or mixed in burger meat

**Summer Squash** - store open in the fridge, good grilled/roasted or zucchini bread / muffins

**Radishes** - another great taco condiment, try these pickled!

**Heirloom Tomatoes! (regular share only)** - our earliest tomatoes ever. Enjoy as you like them!

**Romaine (regular share only)** - perfect for a BLT!!! good sautéed or on sandwiches

**Beets (regular share only)** - store in plastic in the fridge; good roasted for pasta or alone

### FARMER'S CHOICE ITEM

**Black Raspberries (Threefold Farm):** "one of our favorite summer berries and are great for eating fresh or in pies and make an excellent jam. They have a unique flavor not found in our other berries."

### BREAD SHARE

**Miche (Talking Breads)**- round, slightly dense, with a hint of sour. A blend of whole grain, whole wheat, rye flour and toasted wheat germ.

### CHEESE SHARE

**Quark (Keswick Creamery)**- Bavarian in origin, this cheese has the body of American-style cream cheese with the tang of crème fraîche. Can be used in sweet or savory recipes. No fillers, sweeteners or stabilizers, just probiotic culture and salt.

### FRUIT SHARE

**Blackberries (Threefold Farm)** - this conical purple to black berry is very juicy, low on seeds, and should be eaten quickly!

### EGG SHARE

# FARM SHARE NEWSLETTER



(From left to right) Sydnee, Serena and Heidi post harvest lettuce mix.

## NOTES FROM THE FARM

BY: ADNAN

In anticipation for the holiday last week, we made sure to put in as much effort in our field work as we could manage. In between, we had our food miles workshop - geared to educate our youth on the amount of time and effort put in to deliver all of the ingredients in a typical meal. On Tuesday, we traveled to Letort Park for some team-building activities and the opportunity for each of our crews to create their own flags! The last activity we did before the holiday arrived was hosting a diversity workshop that focused on the labels that we put on others and how they impact the conversations we have. As much as we looked forward to showing love for our country, we tried to acknowledge those who work hard to provide the food we love to have in our festivities - the farmers!

## SPOTLIGHT: SHANNON FARM CREW



This week's spotlight is Shannon, a crucial member of LEAF's farm crew. She's 15 years old and a senior at Carlisle High School. Shannon works extremely hard to make sure that the farm share / restaurant pack-out runs as smoothly as she can. Her ability to quickly learn skills and tracking LEAF's inventory does just that. She says, "Being on farm crew is a very demanding but rewarding job. I love working with the produce and having a hand in making sure it gets to where it needs to go. Knowing that I am helping deliver fresh produce and possibly a meal to a family gives me a lot of joy."

## Roasted Marinated Cherry Tomatoes

From: Bon Appetit

### INGREDIENTS

2 pints cherry tomatoes  
A few sprigs thyme or rosemary  
2 tablespoons olive oil  
Kosher salt and freshly ground black pepper

### RECIPE PREPARATION

Preheat oven to 450°. Toss cherry tomatoes with thyme and oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing once, until tomatoes are blistered and beginning to burst, 20–25 minutes. Let cool.

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## Cabbage Slaw

This recipe is from the Kitchn- and is great with fish tacos or chicken dishes. Just add all of these ingredients together and mix it up.

### INGREDIENTS

4 cups shredded cabbage  
1/2 teaspoon kosher salt  
1 small carrot, grated  
2 to 3 medium scallions, thinly sliced  
1/2 to 1 whole jalapeño pepper, seeded and minced (optional)  
1 tablespoon freshly squeezed lime juice  
2 tablespoons mayonnaise  
1 clove garlic, minced  
Sugar, honey, or agave nectar (optional)\*  
Freshly ground black pepper