

Freedom Organix

Harvard, Illinois

Fresh ~ Local ~ Natural



July 29, 2010

Dear Freedom Organix Members:

It's the dead of summer and along with the heat and humidity and insects, there is the amazing speed at which everything grows during this time of year. I walk the fields almost everyday to observe our crops for water needs and pest load and can't help but notice the growth that happens even in just 24 hours. The heat and heavy rains from last week super charged the basil crop. That gave me the opportunity to 'trade' some of our basil with Chef John Des Rosier, owner of Inovasi in Lake Bluff. Freedom Organix contributed the basil and John contributed his own magic and the rest of the ingredients to make his 'Single Batch' Pesto. It's amazing and jars of it will show up in your boxes in the next few weeks.

When I look at our baby lettuces, I'm reminded that fast growth in hot, humid weather is not what every crop needs. They are getting less edible as the heat continues, so we have switched to a mild mesclun, which has heat tolerant lettuce varieties along with some asian greens and some brassicas.

In your boxes this week:

Baby Mixed Lettuce ½ lb

This lettuce is one of our favorites because it is in baby leaf form it is easy to throw a salad together. We are switching to a more heat tolerant mix, but we will still try and give you salad greens in every box.

Arugula ¾ lb.

My favorite recipe for arugula came from the wine merchant next to me at the Woodstock Farmer's market. It's a sandwich on good french bread, with mayonnaise, very rare roast beef, tomatoes, and a pile of arugula. Salt and pepper to taste. The spicy, creamy, crusty combination is delicious.

Sweet Corn – 4 ears

Summer Squashes – Mixed Types

Baby Red Cabbage

We grew these to be small by planting them close together. They make a nice slaw on their own, or combined with the kohlrabi in your box.

Kohlrabi “Kossack”

This vegetable can be eaten raw or cooked. Use as you would any root crops for steaming or roasting.

Parsley

This herb will last a long time stored in a bag in your crisper. If you think you're not going to use it all, it can be stored for convenient use in the freezer. Frozen herbs provide much more flavor than dried and are nice to have for winter soups and sauces. Strip off the leaves and place into a zip lock bag. Add enough water so that it forms a flat block about 1/3 inch thick. After it's frozen just break off the size you need for your recipe.

Just a reminder to keep returning your boxes to your delivery site Please break them down flat so your site host can store them easily.

Best,
Cindy Nawiesniak
www.freedomorganix.com

Know your food, know your farmer.