

Summer Produce Guide

Organic fruits and veggies thrive in the warm summer sun. Just as the occasional rainstorm helps these plants reach their full potential, this guide will help you take full advantage of the splendid summer harvests.



Summer Fruits & Vegetables



BELL PEPPERS

Red, orange, yellow and green bell peppers are all delicious when grilled, sauteed or eaten raw. These small snacking peppers are a particularly sweet variety known as “flavorburst.”



EGGPLANT

Asian, Italian, and classic eggplants all respond well to broiling, frying and grilling. It's best to store them in a cool, dry place for a short time, but you can also keep them in the crisper.



BLUEBERRIES

Organic berries are not sprayed with anti-fungal agents, so be sure you store your blueberries unwashed in your fridge—that is if you can avoid eating all of them on the spot.



PEACHES & NECTARINES

Soft-skinned stone fruit should be ripened and eaten at room temperature. To get the best flavor, let refrigerated fruit return to room temperature before you eat it.



CUCUMBERS

In addition to adding flavor and crunch to a summer salad, cucumbers make a refreshing low-calorie snack. Pickle them with fresh herbs for summer flavor all year long.



PLUMS & PLUOTS

Pluots are a cross between a plum and a plumcot, itself a plum-apricot hybrid. Store firm plums and pluots in a paper bag at room temperature, and ripe fruit in a plastic bag in the fridge.



DANDELION GREENS

When used raw, dandelion greens add depth to a simple mixed green salad. You can also blanch, steam or sauté the leaves, like you would kale, to reduce their natural bitterness.



SUMMER SQUASH

All soft-rind squashes, including zucchini, can be used interchangeably. Grill or stir-fry squash for an easy side dish, or stuff a large squash with meat or quinoa for something more filling.



FRESH HERBS

We'll bring you fresh basil, chives, dill, rosemary and sage all summer long. It's always best to cook with fresh herbs, but you can also dry or freeze extra herbs to save for the winter.



TOMATOES

Tomatoes come in many sizes and colors, but they all taste best in the summer. Cold temperatures diminish a tomato's flavor, so avoid refrigerating them if possible.

Summer Recipes

TOMATO-KALE QUICHE IN A RICE CRUST



Preheat the oven to 425° F.

Make the crust: In a large bowl, mix the rice, salt, pepper and grated cheese. Add the egg white and mix well to combine.

The mixture should hold together when you squeeze it in your hands. Press the rice mixture evenly into a pie plate. Par-bake to "set" the crust, 10-12 minutes. Allow to cool completely while preparing the filling.

Make the filling: In a large bowl, whisk together the eggs, half-and-half, salt and pepper. Arrange the tomatoes and kale in the cooled rice crust and pour the custard over it.

Bake until the custard is set, but slightly jiggly in the center, 30-40 minutes. If the crust is browning too much, reduce the temperature to 375° F and/or tent the edge with foil.

Cool at least 30 minutes before serving.

Ingredients

6 large eggs
 1/2 cub half-and-half
 1 tsp salt
 1/2 tsp black pepper
 4 tomatoes, thickly sliced
 1 bunch kale, roughly torn

For the crust:

1 1/2 cups cooked rice
 1/2 tsp salt
 1/4 tsp pepper
 1/2 cup Parmesan cheese
 1 large egg white

GINGERED PEACH SORBET



Peel and slice peaches. (If you prefer more texture, leave the skin on.) Freeze until firm, preferably overnight.

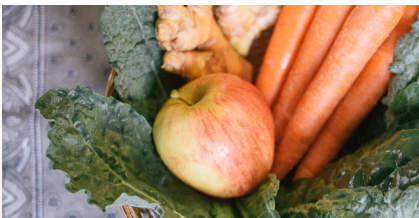
Put water in a saucepan. Add sugar and then bring to a boil. Lower the heat and simmer for 5 minutes, stirring until all the sugar has dissolved into a simple syrup. Refrigerate until cold, about 1 hour.

In a large blender, add simple syrup, lemon juice, salt and peaches. Blend until smooth, but stop before the sorbet melts. Add a couple of ice cubes if it gets too soft. Eat immediately or freeze in a loaf pan for up to 3 days.

Ingredients

6 large, ripe peaches
 3/4 cup sugar
 3/4 cup water
 1 tsp fresh lemon juice
 Pinch of salt
 2 Tbsp ground ginger

NEW ADD-ON! JUICING & SMOOTHIE KIT

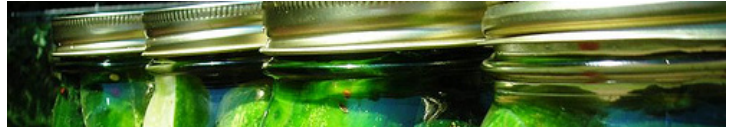


Contents

1 bunch kale
 1 apple
 1 pear
 1 lb. carrots
 1/4 lb ginger
 Recipe card from roots

Pickle & Preserve

Summer is the most bountiful season in New England and pickling is a great way to preserve the summer's vibrant flavors long after the fields have been picked clean. Experienced homesteaders can make shelf-stable pickles by following a thorough process of sterilization, but rookies can easily make a crunchy refrigerator pickle, packed with crisp flavors.



PICKLING FOR ROOKIES

Clean a mason jar by submerging it in boiling water for 15 minutes.

Wash a few cucumbers and slice according to preference. Whole cucumbers take longer to absorb flavors, but remain crunchier than thin slices or spears.

Decide on your flavor and prepare your spices. Do you want your pickles to be sweet, salty, spicy, savory or somewhere in between?

Bring some vinegar to a light simmer. Add plenty of salt and dried herbs. Stir well to help them dissolve. Use apple cider vinegar for extra sweetness or dilute white vinegar with water if you're not a fan of tangy pickles.

Fill the jar. Pack it to the brim with cucumbers and fresh herbs, then pour the liquid mixture to cover them entirely.

Cover the top, but allow the jar to cool down slowly before you seal the lid and place it in your refrigerator overnight.

Enjoy your pickles! If you thoroughly cleaned the jar, your pickles can last in your fridge for up to 2 months.

WHAT ELSE SHOULD I PICKLE?

Beets • Cantaloupe • Carrots • Pears • Peppers • Green Tomatoes



Meet Your Farmers

ATLAS FARM — South Deerfield, MA



Gideon Porth has been farming organically in the Pioneer Valley since 2004 and the Boston Organics Community has enjoyed eating his leafy greens, tomatoes, eggplants and peppers for over a decade. This summer, Gideon continues to transition an additional 40 acres of cropland into certified organic production, so we'll soon be able to enjoy more delicious produce from Atlas Farm.

THE KITCHEN GARDEN FARM — Sunderland, MA



The wide variety of organic produce that Tim Wilcox and his wife, Caroline Pam, grow on their 25-acre farm is incredibly well respected by chefs and other farmers throughout Massachusetts. Having received organic certification just last year, their bok choy, cucumbers, kohlrabi and snap peas will be available to the Boston Organics Community for the first time this summer.