

Cool As A Cucumber

This week's topic comes to us courtesy of the cucumber. The finicky, hard to please, temperamental cucumber.

Like most local farmers I appreciate the challenge of growing food in the desert. Mother Nature clearly is in charge, so there are certain accommodations you must make when growing food on this scale.

One of my favorite childhood memories is eating cucumbers right out of our family's garden. Perhaps the cuke would make it into the house and I would sprinkle it with a little bit of salt. Good food and good memories. So how could I not grow cucumbers during the first year of Sol Harvest Farm?

I knew it was going to be difficult when the warm spring weather brought an early infestation of cucumber beetles. They were already on the farm and just waiting for their favorite food. So I covered the cucumber transplants with remay to keep the pests out. I even planted some radishes with them to further deter the beetles. I gave them lots of water and the party was on. And then June came. And with it hot days. Too hot! And as a result the cukes are a bit bitter.

But there is a happy ending to this story. The bitterness caused by the excessive heat is only in the skin. Long story short: peel the skin off and enjoy! We've taste tested several of them and with a little bit of effort they're delicious!

- Farmer Ric

Spicy Cucumber Salad

From Clearview Family Farms

2 cucumbers
1 T. white wine vinegar or rice wine vinegar
2 t. sesame oil
½ t. salt
1 t. soy sauce
1 t. sugar
1 Thai Dragon pepper (Jalapeno or Serrano can also be used)

Peel the cucumbers, cut lengthwise in two, and scrape out the seeds. Cut the cucumbers crosswise into half moons. Whisk the remaining ingredients together and toss with the cucumbers to coat them. You can control how hot the dish becomes by removing the seeds and pulp of the pepper, or just use a slice or two of the hot pepper. If you don't have a Thai pepper you can substitute crushed red pepper flakes or hot sauce.

Makes 4 servings.

Reminders...

U-pack (so please bring a bag)

Our CSA is set up so that you can pack each item yourself. The catch is you need to bring something to pack them into. Please remember to bring a bag, box or cooler each time you pick up! Thank you!

Volunteer Night

Join us every Monday evening from 5:30 – 7 p.m. for our volunteer work party and potluck. Please bring food or drink to share.

In the box this week

- Cucumbers
- Dill
- Red Gold Potatoes
- Rainbow Chard
- Carrots
- Leeks
- Summer Squash