



## Week 6

### Farm News:

The deer and groundhogs are still managing to get into our fields. We are working on a better fencing system at the Elm St. location (building an inner fence in addition to perimeter fencing) and we are waiting on supplies to build a deer fence around our large field on Bakerville Road. Hopefully by the end of this week we will have all of our deer/groundhog fencing upgraded and installed. In the meantime, we will have 1-3 weeks with limited or no lettuce (one of their favored foods). They have been munching down some carrots tops, but luckily they haven't figured out how to pull the carrots up. The summer carrots this year are nice and sweet and we will have them for at least a couple of weeks.

### This Week's Share (probably):

Carrots  
Green peppers  
Escarole  
New Potatoes  
Summer Squash  
Zucchini  
Cucumber  
Beets  
Lettuce (maybe)

### Vegetable of the Week:

#### *The humble Carrot*

Wild carrots are native to Europe and southwestern Asia, and the wild ancestor of our beloved domesticated carrot is thought to be from Iran and Afghanistan, where carrot diversity is highest. Compared to their wild cousins, domesticated carrots are sweeter and less woody. In addition to the traditional orange carrot, you can find red, purple, yellow and white carrots (we grow the different colors in the fall). We grow a number of different carrots varieties that can be divided into two categories: summer or short season carrots and long season carrots. We like to harvest the long season carrots after we get a couple of frosts, because they get incredibly sweet after a good frost. Summer carrots tend to be smaller than full season or fall carrots.

### Recipe of the week:

#### *Carrot Slaw with Cranberries and Toasted Walnuts*

Ingredients:

1 pound carrots, grated  
3 tablespoons extra virgin olive oil

1 teaspoon lemon zest  
2 tablespoons lemon juice  
2 tablespoons freshly squeezed orange juice  
1-1/2 tablespoons honey  
1/2 cup dried cranberries  
1/2 cup walnuts, toasted  
3 scallions, white and green parts, thinly sliced  
3 tablespoons freshly chopped parsley

#### Preparation:

Toss all ingredients together in a large bowl. Cover and refrigerate for at least 15 minutes to allow flavors to blend. Season to taste with salt and pepper. Serve cold.

#### *Honey Glazed Carrots*

Ingredients:

1 pound of carrots, cut into rounds or long sticks  
2 Tbs butter  
2 Tbs honey  
1 Tbs lemon juice  
Freshly ground black pepper  
1/4 cup chopped flat-leaf parsley

Preparation:

1. In a medium saucepan, bring water to a boil.
2. Add salt and carrots and cook until tender.
3. Drain the carrots and add back to pan with butter, honey and lemon juice. Cook until a glaze coats the carrots (about 5 minutes).
4. Season with salt and pepper and garnish with parsley.