

2010 CSA

LEFT BOWER FARM*Organically Grown — Avella, PA***FENNEL**

GREAT WITH MEATS AND FISH

EAT FRESH EAT LOCAL

You're getting lots of cherry tomatoes this week, plus the the first batch of fennel, a cross between celery, onion and licorice.

BY FARMER DAVE

As those who came to the potluck can attest, it's been a hot, dry week at the farm. We've had so little rain, in fact, that the cisterns have run dangerously low, forcing us to cut off water to the garden until an alternative source can be obtained. So if any of you have an "in" with the rain gods, call in a favor for us.

Despite the dry spell, most plants seem to be plugging along, if not producing as much as last week. A notable exception are the cherry tomatoes, which have gone absolutely bonkers. I'm not absolutely sure what a bushel is, but I'm willing to bet we've harvested at least one this week.

Expect a bunch of these sweet morsels in your share. You'll also be getting

more basil, so start thinking about a fresh pasta sauce: cherry tomatoes, garlic, olive oil and basil... yum.

The new addition is fennel, a misunderstood herb/vegetable consisting of an onion-like bulb, celery-like stems and dill-like leaves.

Slice the bulb thinly, caramelize it with onions and serve it with pork or a fatty white fish. It's also a great addition to potato-leek soup (full shares will be getting a leek this week). Mandy uses the stalks when making vegetable stock, an interesting. Fennel leaves can be added as a garnish at the last minute of cooking, like dill.

Have a great week!

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The Menu**July 28**

- *Fennel
- *Leeks (full shares)
- *Cucumbers
- *Golden cherry tomatoes
- *Zucchini / summer squash
- *Green peppers
- *Serrano and jalapeño peppers
- *Tomatillos
- *Kale
- *Chard
- *Basil
- *Parsley

Recipe Ideas[Top 20 Fennel Recipes](#)[Zucchini Cake and Zucchini Bread](#)[Grilled Vegetable Tort](#)[Refrigerator Pickles](#)[Zucchini Soufflé](#)[Summer Squash Casserole](#)[Tomatillo-Serrano Salsa](#)