

Good afternoon, CSA members!

We hope this finds you well. Lots happening around the farm with the arrival of July. The farmstand opened TODAY, so there will be more vegetables and a few more people around during your CSA pick-up this afternoon.

For those of you who are curious about tomatoes - it's probably still another 2 weeks until we will have significant quantity to supply 70 CSA shares. The mid-May frost stunted the plants a bit, so they are slowly coming along. But, the plants look GREAT now! Your patience should be rewarded soon enough!

July also means the arrival of BLUEBERRIES! It's a short season, but we've put a little in your share this week. YUM!

Hope you're enjoying the other vegetables thus far.
Thanks for your support,
Stacey (and the PVF West Team!)

In The Bag

Week 5: July 2, 2013

Basil

Kale or Lettuce

Beets or Carrots

Kohlrabi or Cabbage

Onions or Leeks

Cucumbers

Eggplant

Blueberries!

If you have trouble figuring out what you brought home, go ahead and refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville).

If you are going to be late, but would like us to pack you a bag - please call 540-882-3885 between 2 and 7 PM. Do not reply to this message, as I am on the farm and will not receive it.

Leeks are in the same family as onions and garlic. Chop and eat the white onion-like base and the light green stalk. Leeks have a mild, oniony flavor, less bitter than a scallion and sometimes with a hint of sweetness. They're wonderful with eggs, in a risotto, with potatoes, or with fish and chicken.

Kohlrabi, a stout member of the cabbage family, has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. Be sure to peel your kohlrabi—the outer skin is very tough.

Eggplant is a member of the nightshade family. It comes in two varieties: Italian (round) or Asian (long and skinny). It has a mildly bitter taste and slightly spongy texture. It's high in dietary fiber, potassium, manganese, vitamins B1 and B6, and folate. Eggplant has been used in cuisine worldwide.

Recipes

If you're looking for recipe ideas, check out our [website](#)! Type the vegetable name into the search box. We're constantly adding new goodies as we find them!

[Kohlrabi with Leeks, Apples, and Raisins](#)

[Curried Eggplant](#)

[Kale Chips](#)

[Cucumber Salad](#)

[Caramelized Onions](#)

[Basil-Lemon Granita](#)

[Dark Chocolate Beet Brownies](#)