



# Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~  
203-929-2003 · [stonegds@comcast.net](mailto:stonegds@comcast.net)

## CSA NEWSLETTER WEEK #7, JULY 15<sup>TH</sup> 2009

Hi Everyone,

It's great to see the sun! It has definitely made a difference as to what we are able to put in the shares this week. All shares have a bunch of our 1<sup>st</sup> carrots of the season, a cabbage and kohlrabi, summer squash (yellow or zucchini), a pound of green or yellow beans, cucumbers, and basil plants. Full shares will also have Hakurei turnips, Asian mix, a small bag of arugula, and a bunch of each curly and Tuscano kale.

We didn't put eggs in the shares this week but there are plenty for sale in the stand if anyone needs them.

Now that the sun finally came out, we can see (from what we have planted) that we will be able to take more CSA shares this year. If you have any friends, family, or co-workers interested in joining, please forward them this information. We could have a box ready for them next week, either Tuesday or Friday, if they email me their name, shares size (full or ½), and pick up day of their choice. They can then get an application from [www.stonegardensfarm.com](http://www.stonegardensfarm.com) and bring it and the payment (\$450 full/ \$225 ½) with them when they pick up their first box.

Enjoy,

Stacia

### **Grilled Zucchini**

Medium zucchini (as many as you like)  
Italian salad dressing (we like Good Seasons)

Slice zucchini about ¼ inches thick lengthwise

Marinate in dressing for at least 1 hour

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Heat grill, when hot put zucchini slices directly on grates, flip with tongs after about 1-2 min. Flip after 1-2 min again. Repeat until zucchini slices are very flexible (that's how I know when they are done).

Serve hot or cold

## **Carrots and Beans**

Small bunch of carrots – cut into bite size pieces

1 lb beans – cut into bite size pieces

1-2 cloves garlic minced

1 Tablespoon butter

1 Tablespoon olive oil

¼ cup water

Salt and pepper to taste

Add butter and oil to pan, turn heat to medium. Put carrots, beans and garlic in pot and stir to coat with oil/butter. Sauté for a few minutes then add water and put on lid to steam, stirring occasionally. When carrots are tender let any extra water boil out with lid off. Add salt and pepper and enjoy!

(My grandmother used to make this every year with the first beans and carrots of the season)

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