



## Everything's Coming Up Basil

After weeks of carefully thinning, weeding, and otherwise tending our basil, we are excited to begin our harvest of our three different varieties. The kids have enjoyed helping us out this week, and we appreciated their hard work as we picked tomatoes and carrots. We had especially outgoing groups this week who livened up our garden time with questions such as, "If you could eat any vegetable that would allow you to speak any language, what would it be, and what would it taste like?" (Caroline said it would be cabbage that taught her sign language. It would taste like cabbage).

This week saw another successful harvest of carrots with the help of our service learners. The kids enjoyed munching and making carrot necklaces with the carrots they helped pull out of the ground.

This week we also staked and trellised the four beds of tomato plants we transplanted last week so that they will be supported as they develop and begin to bear fruit. We are waiting for our currently green peppers to ripen and mature into orange, red, and purple peppers for participants to pick (whew!).



Rachael gives a farm tour



### Basil Around the World:

In addition to its culinary uses, basil is used for a variety of other purposes. In Haiti, it was once considered a powerful protector, while in Mexico, it was believed to keep a spouse loyal. Ancient Greeks and Romans were fond of basil, and believed that it would only grow if one shouted wild curses while planting it. Italians and Romanians both viewed the exchange of basil sprigs as a token of love.

For the rest of the week, we will continue to work on trellising our tomatoes and peppers, planting cover crops over newly cultivated beds, getting ready for delivery, and working on our rain dances. Can't wait to see you all this Friday!

Sincerely,  
Your farmers, Ryan,  
Rachael, Caroline, and Chris



### In Your Basket This Week:

- |              |         |                 |
|--------------|---------|-----------------|
| Head Lettuce | Carrots | Cherry Tomatoes |
| Garlic       | Onions  | Tomatoes        |
| Basil        | Zinnias |                 |



## Easy Basil Pesto

2 cups fresh basil leaves

2/3 olive oil, divided

1/4 cup pine nuts (can substitute almonds, walnuts)

salt and pepper to taste

2 cloves garlic

1/2 cup Parmesan cheese

In food processor, combine garlic, pine nuts, and basil and pulse until chopped. Add 1/2 cup oil and pulse until smooth, season to taste with salt and pepper. If using immediately, add remaining 1/3 cup oil and mix in cheese, adding pesto to prepared pasta. If freezing, take mixture and store in air-tight container with remaining 1/3 cup oil drizzled over top. Thaw and add Parmesan cheese.

## Tomato and Orzo Salad with Feta Cheese

2 cups cooked orzo pasta

1/4 cup pitted green olives

1 cup diced feta cheese

3 tablespoons chopped dill

salt and pepper to taste

1/4 cup olive oil

1/8 cup lemon juice

3 tablespoons chopped parsley

1 ripe tomato, chopped

Add cooled, cooked orzo to medium bowl. Mix in olives, feta cheese, parsley, dill, tomato. In a small bowl, mix together olive oil and lemon juice and pour over pasta, mixing well, and season to taste. Chill before serving. Can substitute dried herbs for fresh. For variety, add chopped cucumbers, peppers.

## Cardamom Carrots

2 pounds carrots, cut into 2 inch strips

1/4 cup butter

1/4 cup packed brown sugar

1 teaspoon grated orange peel

1 teaspoon salt

1/4 cup margarine

1 teaspoon ground cardamom

Fill saucepan with 1 inch water, add carrots and salt, bring to boil, then reduce heat. Cover and simmer for 7-8 minutes or until tender, and drain water. In a skillet, combine butter, brown sugar, cardamom, and orange peel, cook and stir over medium heat for 1-2 minutes or until thickened. Add carrots, toss to coat, and serve.

Any and all recipe suggestions are welcome at [CSA@heifer.org](mailto:CSA@heifer.org)