



**Small CSA Contents:**

- 6 ears sweet corn
- 1 whole chicken
- 1 bunch carrots
- 1 bulb garlic
- 1 bunch kale
- 1 quarter peck gala apples
- 1 pint heirloom cherry tomatoes
- 1 cantaloupe

**Large Share**

- Small package plus:
- 1 bag potatoes, 3#
- 1 canary melon
- 1 quart purple plums
- 1 pint blackberries

**Vegetarian Substitutions**

- 1 pint blackberries
- 1 package luna burgers
- 1 quart grapes
- 1 lb Adzuki beans (dried beans, very small and sweet flavor)

**Vegan Substitutions**

none

**Carrot Tops**

The greens of the carrots are both edible and tasty. Chop and toss with salads. Run through a food processor with a little oil. The resulting puree is great rubbed on a whole chicken when roasting. Use them in soups or stocks. Or make a pesto. Here is a great pesto recipe for you to try. Use it tossed with pesto, as a dip, or on crunchy bruchetta.

**Carrot Top Pesto**

- 1 cup lightly packed carrot leaves (stems removed)
- 6 Tbsp extra-virgin olive oil
- 1 large garlic clove
- 1/4 tsp kosher or fine sea salt
- 3 Tbsp pine nuts, toasted (see Recipe Note)
- 1/4 cup freshly grated Parmesan cheese

In a food processor, combine the carrot leaves, oil, garlic, and salt and process until finely minced. Add the pine nuts and pulse until finely chopped. Add the Parmesan and pulse just until combined. Taste and adjust the seasoning. Use immediately, or cover and refrigerate for up to 2 days.

**Cantaloupe Sorbet**

*If you have an ice cream maker, this is a simple and tasty way to use up your melons. Great base to try with canary melons as well.*

**Ingredients:**

- 1 large very ripe cantaloupe or crenshaw melon (about 4 pounds melon)
- 1 cup sugar

**Preparation:**

In a small saucepan, bring sugar and 1 cup water to a boil. Reduce heat to maintain a simmer and cook until it thickens slightly, about 10 minutes. Let cool to room temperature.

While sugar syrup cools, peel, seed, and cut melon into cubes. Whirl melon in a blender or food processor until completely and utterly pureed. You will need to do this in batches. Transfer each batch to a large bowl. Add about half the sugar syrup to the pureed melon. Taste. It should be a bit sweeter than you want the final sorbet to taste. Add more sugar syrup, about a tablespoon at a time, to taste.

Cover and chill mixture at least an hour and up to overnight. Freeze mixture according to manufacturer's instructions or pour into a metal baking pan and freeze, stirring every 30 to 60 minutes, until frozen.

**Sweet Corn Ice Cream with Blackberry Verbena Sauce**

*For the holiday weekend, try homemade ice cream at your barbecue. This one will knock your socks off. Puree it well for the best texture.*

**Ingredients:**

- 4 ears fresh corn, shucked
- 1 ½ cups milk
- 2 cups heavy cream
- 1 cup plus 1 tablespoon sugar
- 6 large egg yolks
- ¼ teaspoon fine sea salt
- ¼ cup sour cream
- 2 sprigs lemon verbena or ½ teaspoon grated lemon zest
- 1½ cups blackberries (about 6 ounces)

1. Using a large knife, slice the kernels off the corn cobs and place into a large saucepan. Break cobs in half and add to pot along with milk, cream and ¼ cup

sugar. Bring mixture to a boil, stirring, then remove from heat. Let stand to infuse for one hour, then discard corn cobs.

2. Using an immersion or regular blender, purée kernel mixture. Return mixture to a simmer, then turn off heat. In a small bowl, whisk egg yolks, 1/8 teaspoon salt and another ¼ cup of sugar. Add a cup of hot cream mixture to yolks, stirring constantly so they don't curdle. Add yolk mixture to saucepan, stirring. Cook over medium-low heat, stirring constantly, until custard thickens enough to coat the spoon, about 10 minutes.

3. Pass custard through a fine sieve, pressing down hard on the solids. Discard solids. Whisk in sour cream until smooth. Let custard cool in an ice bath, then cover and chill for at least four hours.

4. Meanwhile, in a small saucepan, combine remaining 5 tablespoons sugar, lemon verbena (or zest) and ¼ cup water and bring to a simmer. Let cook, stirring occasionally, until sugar melts and syrup thickens slightly, about seven minutes. Add blackberries and cook for five to seven minutes longer, until fruit just softens but doesn't fall apart. Let cool, then discard verbena.

5. Freeze corn mixture in an ice cream maker according to manufacturer's directions. Serve with blackberries and syrup on top.

**Grilled Cantaloupe**

*If you are firing up the grill, here is a perfect side or dessert that will surprise your guests. Serve with vanilla ice cream.*

**Ingredients**

- 1 cantaloupe, peeled and cut into bite-sized chunks
- 1/4 C. butter
- 1/2 C. honey
- 1/3 C. chopped fresh mint leaves

**Directions**

Preheat grill for medium heat. Thread the cantaloupe chunks onto 4 skewers. In a small saucepan, heat butter or margarine with honey until melted. Stir in mint. Brush cantaloupe with honey mixture. Lightly oil grate. Place skewers on heated grill. Cook for 4 to 6 minutes, turning to cook all sides. Serve with remaining sauce on the side.