



WHAT'S IN THE BOX

- * Rainbow Chard
- * White Spring Onion
- * Cucumber
- * Strawberry
- * Parsley
- * Grape Mix Tomato
- * Potatoes
- * Snap Pea
- * Salad Mix

RECIPE

Reference: allrecipe.com

Middle Eastern Tomato Salad

INGREDIENTS

- 1 cup diced cucumber
- 1 teaspoon salt
- 1 cup diced tomato
- 1 cup finely diced sweet onion
- 1 cup finely chopped fresh parsley
- 3/4 cup finely chopped mint, or to taste
- 1 tablespoon fresh lemon juice, or more to taste
- 2 tablespoons olive oil, or more to taste
- 1 pinch salt and ground black pepper to taste

Place diced cucumber into a colander and sprinkle with 1 teaspoon salt or as needed; allow to drain for about 15 minutes. Toss drained cucumber with tomato, sweet onion, parsley, and mint. Drizzle salad with olive oil and fresh lemon juice and season with salt and black pepper. Serve immediately.

Modification that worked for us: Add 1 cup (or more) chopped salad mix

BACK TO THE ROOTS (PART I)

Summer solstice, solar eclipse, fathers day, and some warm days to remind us what is up ahead—what a week!! These past few warm days and a break from rain gave me a chance to think about how we ended up here, in Oregon. Thousands of miles away from where I was born and raised, but almost exactly in the same environment of farming and a close knit community. So I thought I will share with you a little bit about two individuals who really made this happen—Tal and Inder, two of the farm owners. I'll split this into two parts, and we will start with Tal this week.

Tal was born and raised in a small farming village in northwest India. I came to know him when he married my sister 15 years ago. Tal's memories of his childhood are filled with long summer days at his family's farm. They had 20 acrs and grew wheat, rice, corn, seasonal vegetables, and grass crop to feed their livestock. Tal remembers training calves to lead, stocking feed for buffalos*, harvesting cauliflowers in deep winter, and harvesting an acre of wheat with hand tools when he fell short of farm labor. He immigrated to the US with his family, worked multiple jobs while going to school to get his degree in Accounting & IT, worked at corporate offices for well over 10 years. But the childhood connection to farming was so compelling that he left it all behind to be weeding at a farm on hot summer days. He kept up with small scale farming in his backyard and ultimately took the leap with his family to buy the Denison Farms. Five months in and he is looking forward to raising his kids in this community, giving them memories that he hopes will be as deeply rooted as his past.



At the farm last week we picked cucumber, parsley, salad mix, tomato, snap pea, and more. They are included in this week's harvest box. Inder's wife made a delicious salad over the weekend using ingredients in the box. Recipe is included and I hope you enjoy it.

Until next week, Stay Safe Stay Healthy, and enjoy the summer!

Ruby

For more recipes, please visit our recipe blog at:

<https://denisonfarms.tumblr.com/>

* Water buffalo is commonly used for dairy production in northern India