



## WHAT'S IN THE BOX

- \*Basil
- \*Lettuce
- \*Salad Mix
- \*Yellow Potatoes
- \*Sun Gold Tomato
- \*Red Bell Pepper
- \*Parsley
- \*Blackberry
- \*Red Spring Onion

## STORAGE TIPS

**Parsley:** To store a bunch of parsley in the fridge and keep it fresh for 1-2 weeks, trim a little bit off the bottom of the stems. Fill a glass jar partially with water and set the parsley in so that an inch or two of the stems are submerged. Cover the jar of parsley with a clear plastic bag. Don't close off the bottom of the bag. Store in fridge and change water every few days when it becomes cloudy.

**Basil:** You can use the same method as above to store Basil, except don't put it in the fridge. Leave it out on the countertop.

**Potato:** Potatoes continue to use oxygen and give off carbon dioxide well after harvest. They must have fresh air for prolonged storage. If stored under light, potatoes tend to turn green. Therefore, it is best to store them in a cool, dark, ventilated area.

# WEEK EIGHT

## WATER

90 Degree Fahrenheit! When the temperature remains there for a lengthy spell, most plants leaves start to wilt as water starts to evaporate into the atmosphere quickly. If not cared for properly, plants can get permanently damaged. Keeping fruits, vegetables, and herbs healthy during a hot spell has been a top priority at the farm lately. Our farm crew is working relentlessly to keep the crops hydrated. That includes extended irrigation, putting up shades on some tunnels etc. At the same time, we are trying to keep our crew hydrated. Nothing like a cold glass of water on a hot day, or maybe a cold bottle of Gatorade.



For most of us, getting a glass of cold water is a pretty simple task. Grab a glass, fill it with water, throw some ice cubes in it, and voila! Or better yet, just press the glass against a refrigerated water dispenser. Not so simple of a task when you live in the middle of a desert, and electricity is scarce. My sister and I have spent three summer vacations in a remote village in the Thar desert, northwestern India. Preparations for a cold glass of water would begin early in the morning when my aunt would fill up a clay pot with water, add alum, cover the pot, and keep us away from it. As water evaporated through the clay, the water inside the pot was cooled. By mid day, under scorching sun, a cold glass of water out of that clay pot was a true miracle.

At the farm we are trying to stay ahead of the heat wave, but it has managed to take some toll. Leeks transplanted recently didn't survive the heat spell and we lost a good portion of the crop. Some of the red pepper tunnels got impacted as well. Sun-gold and other cherry tomatoes will continue to ripen faster in this heat and we will continue sharing this delicious veggie with you. Proper storage of the harvest is just as crucial to ensure extended produce life. I have included a few tips for storing herbs and potatoes that are included in the box this week. Hope you find them helpful.

Until next week,

Stay Safe Stay Healthy and Stay Hydrated!

Ruby