



### Yellow Plums

For those of you that are part of the 10 week share, this is the first week of yellow plums for you. These plums are more tart than our other varieties. Grab a recipe from last week to try!

### IN YOUR BOX:

- Blueberries
- Yellow Plums
- Elderberries
- Apples
- Tomatoes
- Cilantro
- Sweet Onion
- Summer Squash
- Beets
- Kale/Swiss Chard

### Elderberries

It is commonly believed that elderberries contain a lot of health benefits! They are very high in antioxidants, vitamin C, and dietary fiber and can help to boost your immune system. To clean, pull all the berries off the stems and rinse in water. They are commonly used in sauces or syrups. Please note that they do stain (hands and clothes), so be careful when handling.

Try making a simple sauce to pour over chicken for dinner with a side of veggies. Yum!

### On The Farm

Tomatoes are starting to ripen and we should start having more each week.

Apples are just starting and we are excited to share the first one of the season this week. This particular variety, called Red Free, has a softer inside and a great sweet flavor. There are many many more apples to come!

We are hoping that corn will be ready in the next week or so.

### Recipe Corner: Fresh Salsa

#### Ingredients:

- 2 large fresh tomatoes (or 2 cups of small tomatoes)
- 1/4 small onion
- 1/2 jalapeño pepper, seeded
- 2 Tbs. fresh cilantro
- 1 to 2 tsp fresh lime juice
- Salt to taste

#### Directions:

Place onion & jalapeño pepper into a food processor or blender and pulse until desired size. Add large chunks of tomato, lime juice, and salt and pulse until close to desired texture. Lastly, add cilantro and pulse once or twice. Taste and add more salt or lime juice to taste. Chill and enjoy!

\*Note: The sweet onion in your box this week is perfect for this salsa! **Sweet onions** are best eaten raw to preserve the sweet flavor. Store these onions in the refrigerator until you are ready to use them.