



Quarry Farm Veggie Box Newsletter #7 July 26

This week's box: Beans, Beets, Broccoli, Chard, Cucumber, Green Onions, Italian Spinach, Lettuce, Parsley, Peas, Potatoes, Tomatoes, Zucchini

The third week of July always seems to be when the summer food becomes firmly established. There are so many beans! But the

greens are harder to grow so the lettuces are smaller now, and we are taking a break from kale this week for sure and probably for one or two weeks to come. Salads will be chunkier, but those wonderful lettuces will be back in the fall. The early Warba potatoes have all been distributed. This week, you will have Yukon Gold – a yellow-fleshed mid-season potato that can be steamed, grilled, fried, you name it.

We are seeding less, shielding crops from the heat and sun, and spending much more time harvesting. Thankfully, there are more bodies in the gardens helping us to take care of it all.

I am going to pass on one more zucchini recipe – **Chocolate Zucchini Cake**. This is a moist flavorful cake, great for kid's birthdays, and face it, there's still a bit of kid in all of us. This cake serves 12 kids.

2 ¼ cups all-purpose flour sifted	1 ¾ cups sugar
½ cup unsweetened cocoa powder	½ cup unsalted butter at room temperature
1 tsp baking soda	½ cup vegetable oil
1 tsp salt	2 large eggs
1 tsp vanilla extract	2 cups grated zucchini
½ cup buttermilk (use scant ½ cup milk and ½ tsp vinegar – stir and let stand for 5 minutes if you need to substitute)	
1 6 oz package of semi-sweet chocolate chips	¾ cups chopped walnuts

Preheat oven to 325 F. Butter and flour a 13x9x2 inch baking pan. Sift flour cocoa powder, baking soda and salt in a medium bowl.

Beat sugar, butter and oil in a large bowl until well-blended. Add eggs one at a time until well blended. Add vanilla. Mix in dry ingredients alternately with buttermilk in 3 additions each. Mix in grated zucchini. Pour batter into prepared pan and sprinkle nuts and chocolate chips over.

Bake cake for about 50 minutes until tester comes out clean. Cool cake completely in the pan.

Until next week
The Quarry Team