



## **Quarry Farm Veggie Box Newsletter #8 August 2**

**This week's box:** Arugula, Basil/cilantro, Beans, Cucumber, Italian Spinach, Kale, Lettuce, Peas, Potatoes, Tomatoes, Zucchini

Well, there was a little mix-up last week, and we sent you Russet potatoes instead of Yukon Gold. This week, the potatoes will be Yukon Gold.

It's starting to be all about tomatoes at Quarry Farm. We are sending you a gallon pot full of them. Beefsteak are on the bottom, then the medium sized ones with the cherries on top. Please unpack them and spread them out so they are less likely to split. The beefsteak tomatoes are Brandywine. They have wonderful flavour, but those big crevices lead to splitting so they don't keep well. Eat them up.

We don't have enough peppers and strawberries to go around so they will be on the shelf. Help yourself to one or the other. First come – first served.

Abundance is the theme where tomatoes and beans are concerned. That's what local food is all about. We wait for it with bated breath all winter long. Then there is this brief period when we wonder what to do with it all. And then, we blink, and it disappears on us. Think about roasting, drying, stewing, saucing, pickling. People have been thinking about how to preserve summer's bounty since the beginning of time.

If you would like a bulk order of either, please email us at [info@thequarryfarm.ca](mailto:info@thequarryfarm.ca) and tell us your wishes. We will pack them up and put your name on them.

Tomatoes will be \$30 for 10 pounds.

Beans are \$20 for 5 pounds.

Until next week

The Quarry Team