



Quarry Farm Veggie Box Newsletter #9 August 9

This week's box: Beans, Beets, Cucumber, Garlic, Green Onions, Italian Spinach, Kale, Lettuce, Parsley, Potatoes, Tomatoes, Zucchini

Friday was a fantastic day on Quarry Farm! Ted powered up the walk-in cooler in the packing

shed. And here he is grinning from ear to ear as we cheer his accomplishment! The walk-in will help us plan harvesting and storage and increase our productivity on this small farm. There are, however, some rules of operation for those of you who need to go into it.

1. DON'T leave the door standing open. Don't let it slam behind you either. The goal is to collect whatever you are collecting quickly and leave.
2. SHUT the door firmly and carefully when you are done.
3. The light switch is on the left as you enter. Make sure to switch the light OFF when you close the door. Harvested vegetables do not like light.
4. If you notice anything amiss - doesn't seem to be working - door was left open, etc., ALERT us immediately. Call or text Daria at 250 537-6380. Speak to any farm member that you see nearby. We will thank you.

This is a week for cool food. Nobody feels much like cooking, but since you bought into a hearty box of food every week, we will assume that you enjoy cooking. This is the time of year to turn cucumber into Tzatziki and parsley into Tabbouleh. Tzatziki calls for fresh dill, but who has fresh dill in this weather? Try a few finely chopped mint leaves instead. Make a bean salad and throw the beets and Italian spinach in. Make the dishes in the morning while it is still cool. Then enjoy this delicious food all day long and forget about cooking.

Happy High Summer,

The Quarry Team