



Cartwheel Farm

little fields. local foods.

Tricolour String Beans
 Sweet Cipollini Onions
 Italian Sweet Pepper
 Sweet Shishito Peppers
 Cherry Tomatoes
 Cucumber
 Basil
 Carrots
 Cabbage

AUGUST 11, 2021 | WEEK #11

TRIAGE SUMMER & FALL PROGNOSIS

We know that part of what we offer is a chance for our eaters to feel connected to where your food comes from. To us, this means being open about the ups and downs of what we do. This summer's "heat events" have brought unprecedented challenges.

Though we always plan for different growing conditions and expect loss, the heat meant that we often lost Plans A, B, and C for some parts of the garden. Though we always expect to have some days when our field crew is stressed by the heat or even unable to work outside, this year has meant many shortened days. The impacts on what we have been able to offer you have included less diversity and some less than stellar harvests. Some of these impacts are only just showing up now. When our friend Matt Carr, a fellow Kootenay market gardener, was interviewed by the CBC about this season, he spoke about "trriage gardening" - just doing what one can to keep up and mitigate loss. This season points to more years of triage and innovation ahead for us. All that said, we have rallied and, depending on what conditions the next weeks bring, we feel set that some beautiful fall harvests are on the way. Celery, string beans, winter squash, greens! Thanks for your support through these strange times.

BEAN, TOMATO, & MOZZARELLA SALAD

We love that a good first picking from bush bean plants means beans that are delicious raw. Somehow, over the years raw string beans have come to be a real "Cartwheel" taste for us. We have a solid August roster of recipes that bring together raw string beans and cherry tomatoes. There is something especially satisfying about a plate with three colours of beans, plus the pop of red and orange tomatoes. This week, we have been eating a Thai version... beans, tomatoes, chunks of cucumber, red onion slivers, peanuts, lime, fish sauce, fresh chilis, herbs. We make a south Indian spin with toasted spices and coconut, too. This recipe is all about Italian inspiration. It comes together quick and easy, but tastes so rich! Crusty bread, brushed in olive oil, and grilled is a worthy addition. If you end up preparing later season beans, consider blanching the beans and then plunging them in cold water.

PREP TIME: 10 min COOK TIME: 0 min TOTAL TIME: 10 min

INGREDIENTS:

- Veg: Trimmed and halved beans, quartered cherry tomatoes, minced cipollini onion
- Dressing: Olive oil, red wine vinegar, balsamic vinegar, crushed garlic
- Fancies: Basil, fresh mozzarella (bocconcini works!), salt, cracked pepper

INSTRUCTIONS:

- Blend the dressing ingredients.
- Toss the veg in the dressing and garnish!

RAW SWEET PEPPER SALAD DRESSING

The first recipe that we shared this season was for a simple slaw. We suggested prepping the veg ahead of time and having it on hand to dress as needed during the week. This is a great way to squeeze a little extra time out of the end of summer, too. Carrot, cabbage, onion, and a good dressing are all you need. Or try this awesome peak summer version: summer squash in matchsticks or peeled into ribbons, sweet pepper in slices or finely diced, onion, basil, and these dressing ingredients blended...

Raw Sweet Pepper (seeded):
 Olive Oil, Maple Syrup, Red
 Wine Vinegar, Garlic, Salt,
 Pepper.