

*Community Supported  
Agriculture*

**What's in my  
CSA share:**

- ✓ Beets (Whole Share)
- ✓ Citrus Basil Plant
- ✓ Cucumber
- ✓ Fresh Herbs (rosemary, chives, cilantro)
- ✓ Garlic Scapes
- ✓ Green Garlic
- ✓ Green Onions (Whole Share)
- ✓ Lettuce
- ✓ Patty Pan Squash (Whole Share)
- ✓ Pickling Cucumbers
- ✓ Yellow Squash
- ✓ Zucchini

## Recipe of the Week:

### Sautéed Zucchini

- 2 lbs zucchini
- 2 small shallots, thinly sliced
- 2 tbs lard
- 1 tbs fresh herb of your choice
- Pinch of Salt

Cut the zucchini into small cubes. Sauté the shallots in the lard for a few minutes until softened. Add the diced zucchini and cook over a medium heat until almost cooked thru (about 15 minutes). Add the chopped herb and salt to taste. Continue to sauté until the zucchini is fully cooked.

Recipe from [www.geniuskitchen.com](http://www.geniuskitchen.com)



We had an exciting week on the farm! We added 10 heritage breed pigs and 50 broiler chickens. We also set up a brand-new washing station, taught campers how to plant peppers, and, in between rain showers, we weeded and planted vegetables and pumpkins.

**Please notify us of your interest in adding Procter Farm pork and chicken to your CSA share!**  
Email Farm Manager, Bethany ([bmccarty@proctercenter.org](mailto:bmccarty@proctercenter.org)), to place a meat order. Acceptable forms of payment are cash or check at pickup, or credit/debit card by phone.

## Register for Camp at Procter Center

We offer a variety of summer programs: youth camps for children entering 3<sup>rd</sup> to 12<sup>th</sup> grade, family camps, a bilingual Spanish/English family camp, and Camp RISE, a grief camp for ages 8 to 18.

For more information and to register visit:  
[proctercenter.org/camp](http://proctercenter.org/camp)

### Did you know beets are a super food?

- Help reduce blood pressure and anemia
- Improve circulation and cognitive function
- Are packed full of nutrients
- You can eat the root and tops!
- They get their vibrant color from antioxidant betalains, which may help reduce the risk of cancer