

Week 21

**Dragon Langerie Beans**

**Cucumbers**

**Summer Red Apples**

**Summer Squash**

**Eggplant**

**Ground Cherries**

**Winter Squash**

**Tomatoes**

**Lettuce**

**Carrots**

Farm News: Lettuce is back! Carrots are back! While I miss the hot days of summer, there are some real advantages to cooler weather. This week you have ground cherries—they are fey little things. Pop off the outer husk and eat the inner fruit whole—these relatives of tomatillos are drop to the ground when they’re ready, hence the name. If you grow them in your own garden, resist the urge to eat them when they’re green or pale yellow—like green apples, they’re not good for your belly. Wait until they are golden-orange and falling down of their own accord. Early prairie settlers planted ground cherries while they waited for their newly planted orchards to mature—in the years before their apples or plums or real cherries came in, they’d make pies or jams out of ground cherries.

This week’s recipe: Chanterelles and Dragon-tongue beans

Go out walking in the woods. Bring home all the chanterelle mushrooms you find. Or make friends with that one retired neighbor who knows all the best mushroom spots, and see if they’ll trade tomatoes for chanterelles. Chop up some onions or shallots or garlic and sauté them in butter while you pick the pine needles and moss out of your mushrooms. Chop the mushrooms and toss them into the pan. While they cook, snap your Dragon Langerie beans into bite-sized pieces. Toss them in the pan—add some salt and black pepper if you like—and cook until their purple stripes start to fade. Done!