

Our Garden of Delights . . .

It seems that overnight the plants in our U-Pick field are beginning to produce an abundance of fresh vegetables. Ready for picking now are **SQUASH** (Zucchini, Roly-poly globe, Magda), **CUCUMBER** (Garden Oasis, Cool Breeze, Suvo long), **SWISS CHARD** (Bright Lights), **BUSH BEANS** (Florence, French Maxibel, Yellow wax), and **ARUGULA**. Right behind these are Lemon Cucumber, Pole Beans (Blue Lake and Kwintus, a flat Italian-style bean), Melon (Luscious and Ambrosia), AND TOMATOES! We picked the first red "Legend" on Thursday, as well as a few Peacevine cherry tomatoes--sweet and delicious. Come on out and visit us . . . bring your market basket and get ready to try some of the new vegetable varieties.

Our summer hours are:

Thursday & Friday	9:00 AM to 4:00 PM
Saturday	9:00 AM to 1:00 PM (at the Farmers' Market) 1:30 PM to 4:00 PM (after the Farmers' Market)

### ***Herb of the Month: Herbes de Provence***

In France, every 60 miles or so produces a new region with its own architecture, landscape and cooking. Provence is one region that is famous for the diversity of its cuisine. Located in the south of France, it borders the Mediterranean Sea and Northern Italy. Early trade routes brought spices and herbs from the East to Rome, and Rome spread these exotic ingredients throughout the Empire.

The hot sun and long growing season of Provence is very much like our area here in the Santa Clara Valley, where a wide variety of vegetables, fruits, flowers, and herbs are grown. In the villages and towns, open-air markets are central to everyday life where the freshest of ingredients can be found. With such an abundance, they have become expert in devising new ways to use the fruits, vegetables, and herbs. A classic herb combination is **Herbes de Provence**. There are a number of recipes for this herbal combination, but the most popular calls for equal parts of crushed **rosemary, fennel, thyme, tarragon, savory, sweet marjoram, basil,** and **lavender** flowers. Other recipes may include crushed bay leaves, or substitute oregano for sweet marjoram, but they all include lavender. Herbes de Provence can be used as a rub on meats, in poaching liquid for fish, in stews, or in casseroles topped with cheese. Here's a simple recipe to try:

### **New Vegetables and Aioli**

Select fresh, young beans, baby carrots, sugar snap peas, small new potatoes (fingerlings would be good) and squash. Clean and peel, if desired. Sprinkle about 1 tablespoon **Herbes de Provence** over all and blanch or steam to desired doneness. Drain and chill. Arrange on a platter and serve with a bowl of Aioli for dipping. **Aioli Sauce:** 1/2 cup mayonnaise (can be low-fat, but not fat-free), 1 to 3 cloves crushed garlic, 1 tsp lemon juice, 1 tsp minced parsley, pinch of red pepper flakes, and black pepper to taste. Mix all but parsley and refrigerate 30 minutes or longer. Sprinkle with parsley and serve.

More recipes from Belle Vie over . . .

## Cucumber Mint Salad

Here is a very refreshing salad for these hot summer days.

2 cups plain yogurt

2 tbsp minced fresh **mint**

2 cloves crushed garlic

Salt and pepper to taste

2 large "**Garden Oasis**" cucumbers

6 sliced radishes

2 tbsp chopped fresh **parsley**

Combine the yogurt with the mint and garlic, and stir in the cucumber slices. Refrigerate up to 30 minutes. Garnish with the radish slices and parsley and serve.

<http://www.belleviegardens.com/>