

Hi all,

Despite the record breaking temperatures this summer, it seems to be good for harvest. Just keep repeating that in your mind when it seems unbearable. Here's the news...

[- Farm News: lots of good eats to come and this week's harvest](#)

[- Recipe: Whole Wheat Penne Rigate with Zucchini and Ricotta](#)

[- Recipe: Onion Marmalade](#)

[- Recipe: Plum Refrigerator Jam](#)

[- Recipe: Summer Vegetable Stirfry with Couscous](#)

[- Recipe: Potato and Broccoli Salad with Feta and Basil](#)