



## This Week's Word From the Farm

6/22/09

### What's In Your Box ?

- Onions or Shallots
- Kale
- Zucchini
- Fresh Oregano and Thyme
- Japanese Salad Turnips – these are delicious eaten raw or cooked. Don't forget the greens!
- Spring Garlic (it's green and mild, very coveted by chefs as a seasonal specialty)
- Polenta – from Grass Valley Grains
- Apricots – from Chaffin Family Orchards
- Easter Egg Radishes
- Salad Greens
- Arugula

Please Note: We are providing you apricots and polenta this week as a sampling from our Add-On CSA subscriptions for local grains and tree fruit. To find out more or subscribe to receive grains, tree fruit, or local meats while picking up your vegetable, please see our website: [www.riverhillfarm.com](http://www.riverhillfarm.com).

### Dear Friends,

This week begins Riverhill Farm's 8<sup>th</sup> year since we first began working here. It has been a remarkable process, starting with the clearing of miles of barbed-wire from what now are fertile and productive fields and culminating in being able to provide our community with high-quality, locally grown produce. Jo commented this past weekend about how excited she was to be finally starting this year's CSA and to be welcoming all of you back to the farm. As the people for whom we have been growing this food, your return makes sense out of all the work that goes into preparing the fields and planting, cultivating and weeding, picking and packing.

We look forward to seeing you each week as the season progresses, and to sharing a little of the place we have come to love as our farm and home. Your participation in our CSA provides the direct support we need as we work to make Riverhill Farm a lasting part of this community. To each and every one of you who has joined us for this season, heartfelt thanks.

(over)

# Recipes of the Week:

## Penne Pasta with Arugula , Gorgonzola and Walnuts ~ back from last year by popular demand!

Toast 1 cup coarsely chopped walnuts in a frying pan with a little butter. Rinse approx. 4 cups of arugula and remove any large stems. Boil 1 pound of Penne in salted water until al dente. While the pasta is cooking, lightly sauté the arugula in ¼ cup olive oil. Drain the pasta. While still warm, toss with the arugula.

Top with 1 1/2 cups of crumbled gorgonzola cheese and toasted walnuts. Garnish with fresh thyme if desired and fresh ground pepper.

## Perfect Polenta

- 7 to 8 Cups cold Water
- 2 cups Polenta
- ¾ cup unsalted butter
- 1 cup grated Parmesan cheese

Stir 7 cups cold water and the polenta together in a large heavy saucepan. Cook over low heat, stirring often and scraping the bottom of the pot, until thick and it no longer feels grainy on your tongue, about 30 minutes. Add more water if the polenta thickens too much before it's cooked. Stir in the butter and Parmesan and season to taste with salt.

You can serve the polenta soft right out of the pot or pour it into a double boiler and keep it warm over simmering water. To sauté' or bake, first spread the polenta onto buttered baking sheets and refrigerate until firm. Once it's cooled, cover it with plastic wrap. Cut the polenta into strips or triangles in the baking sheet. To sauté, cook the strips in butter or olive oil in a cast-iron skillet over high heat until golden on both sides. To bake, place the strips in a buttered dish and sprinkle with Parmesan cheese. Bake at 400 until hot and crusty.

We suggest topping your polenta with Jeremy's Caramelized Onions (below) or with diced zucchini, sauted in olive oil with fresh oregano.

## Jeremy's Caramelized Onions

- 2 Onions
- 3 tablespoons Butter
- ¼ Cup Apple Cider or White Wine Vinegar (best with half of each)

Saute onions in 2 tablespoons butter on low heat until well caramelized, about 30-40 minutes. Add vinegar and reduce by half at a rapid boil. Melt 1 tablespoon butter into sauce while stirring and serve immediately.