



## This Week's Word From the Farm

6/23/08

### What's In Your Box ?

- Red Torpedo Onion
- Spring Garlic
- Russian Red Kale
- Broccoli
- Zucchini
- Baby Chard
- French Breakfast Radishes
- Salad Greens
- Japanese Salad Turnips (optional)
- Fresh Tisan – A combination of herbs to brew for hot tea or a refreshing iced tea!
- Herb and Edible Flower Mix – Sprigs of young basil and dill with calendula, arugula and borage blossoms... add these to your next salad for a colorful, gourmet touch.

### Dear Friends,

Many thanks to those of you that came to our event on Sunday and helped to make it such a lovely afternoon and evening. It was wonderful for us to see so many old and new friends enjoying the farm, the food, the music and the company of one another. Our friend, talented poet and CSA member, Molly Fisk, contributed the following blessing to our evening. Thank you Molly for your lovely words!

#### RIVERHILL FARM

Against alphabetical indoctrination, let's start by blessing the zinnias, whose color nourishes our famished eyes, whose fortitude in a vase of water is legendary. Today they're only a fuzz of green along the path, but we can feel them growing, bright flags of summer, and the heavy, sexy heirloom tomatoes that we'll hold in our hands and eat like apples, the green beans, the spinach, the quiet potatoes sleeping beneath us, gathering color and strength.

Praise to bok choy and French breakfast radishes, to the earthworms who transform this dirt length by length. Praise to fennel and sage, to the low-lying strawberries and lofty pears, praise to appetite, satiety, and photo-copied notes on what to do with arugula

We bow to the labor  
that hallows this ground and the memory of all  
who have worked here: mules, chickens, goats, diesel  
engines, draft horses, Italian immigrants, interns  
from Wyoming. Praise to their strength, to sun, rain,  
and manure, to the conquering of doubt and to vision.  
Praise to the eaters. Praise to what offers itself  
to be eaten.

## Recipes of the Week:

### Sauteed Kale with Garlic and Vinegar (from Chez Panisse Vegetables)

This is a basic method of cooking greens that works equally well with nearly all the leafy greens. It also makes a simple pasta dish: Put on some pasta to cook while you sauté, and when the noodles are done, toss them together with the greens, moistened with a little more olive oil and add finished greens.

Strip the leaves off one bunch of kale and cut away the tough midribs of any large leaves. Chop coarsely and wash in plenty of water. Drain well, but do not dry. Heat a large sauté pan and add 3 tablespoons of olive oil and enough kale to cover the bottom of the pan. Allow these to wilt down before adding more. When all the kale has been added, season with salt, stir in two cloves of garlic and cover the pan. When tender (approx. 5 minutes) remove the lid and allow any excess water to cook away. Turn off the heat and stir in two tablespoons of red wine vinegar.

### Pickled Red Onions

Peel two red onions and cut them in half lengthwise. Slice them very thin – as close to paper-thin as possible. Put them in a heat-proof container. Put ½ cup red wine vinegar, 3 tablespoons sugar and ½ cup water in a small saucepan and bring to a boil. Add the boiling hot brine to the onions and leave to cool at room temperature. Drain just before serving.

Alan suggests adding some goat cheese and toasted pinenuts to the drained onions and adding to a green salad.