



This Week's Word From the Farm

Week of 6/30/08

What's In Your Box ?

- Austrian Crescent New Potatoes
- Shallots
- Spring Garlic
- Green Beans
- Zucchini
- Baby Chard (optional)
- Sparkler Radishes
- Salad Greens—Spicy Mesclun
- Basil—Sweet and Lemon
- Rosemary

Dear Friends,

I remember when I was in geography class in grade school and learned about the doldrums, that mysterious belt around the Equator that could strand a sailing ship for days, maybe weeks, in listless torpor until the winds returned. Sailors would lie about the slowly creaking deck in stifling heat, nothing to do but wait while scurvy set in. It's been a bit like that this past week for us. Air filled with smoke, suffocating heat and humidity with an Apocalyptic orange sun foretelling the end of the world as we know it. We've worked to pick and pack your boxes, but not much else in spite of the pressures to keep moving forward. As the air cleared yesterday, I found myself working all day just for the pleasure of being in the newly freshened air even though I desperately needed a real day of rest.

We return to the fields today, somewhat refreshed from the relative rest of last week, and find the fields burgeoning with the beginnings of real summer: zucchini, green beans and, my personal favorite, fresh new fingerling potatoes. Walk the path towards the top of the growing area and the beguiling scent of basil brings you back to your senses. It's a bit like that, isn't it? The mind slows and fills with muck right along with the weather, but to our surprise and delight the plants never stop. Daylength is at its greatest, the heat is on, and plants grow, grow, grow.

Thanks to all of you for a great beginning of this farm season. You've been kind, grateful, punctual, and a pleasure to see. We've got a way to go before we can slow down a bit more and spend more time chatting with you while you are here, but in the meanwhile we're enjoying your company and are glad for each and every one of you. Your participation in this year's CSA makes all the difference for this farm. Special thanks to all of you who are new to this way of buying and eating. We appreciate you and hope to feed you well. Each year is different but we hope, on balance, that each year is good. We hope to please you with our efforts and encourage you to continue to support local agriculture.

Recipes of the Week:

New Potatoes with Shallots, Garlic and Rosemary

Clean your potatoes while you boil up a pot of salted water, sufficient to cover the potatoes. Add the potatoes and keep at a slow simmer. On low heat, saute shallots and a little garlic in butter with a tablespoon of olive oil until transparent. Do not brown. Add chopped rosemary and soften. When the potatoes are tender, drain. Add them whole or sliced to the butter and stir lightly to coat. Eat!

Pesto ~ This easy recipe can be made in a food processor or blender. It's great over pasta on pizza or spread on bread.

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Romano cheese (or Parmesan)
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts or walnuts
- 3 medium sized garlic cloves, minced

If you are using walnuts and they are not already chopped, pulse them a few times in a food processor. Combine the basil in with the nuts, pulse a few times more. Add the garlic, pulse a few times more. Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated Romano cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Pasta with Zucchini, Walnuts and Pesto

Trim and julienne some zucchini and sauté in olive oil until tender and starting to brown. Season with salt and pepper. Cook fresh noodles and add to the pan with a ladle of the pasta water or chicken stock: some toasted walnuts, roughly chopped; and pesto. Turn off the heat and toss well, taste for seasoning. Serve with grated Parmesan.