



## This Week's Word From the Farm

7/12/10

### What's In Your Box?

- Bok Choy – This traditional Asian green makes a great stir fry with garlic
- Spinach or Tatsoi – These greens may be used interchangeably. Frittata?
- Red Onions
- Cabbage
- Broccoli
- Kale
- Carrots
- Summer Squash
- Lettuce
- Japanese Salad Turnips
- Strawberries – as available

### Dear Friends,

Morning comes early at Riverhill Farm. It's a pleasant time of day, while the sun is low behind the ridge and the farm is bathed in soft, blue dawn light. The distant hills and tallest trees have already caught the sun, but the farm itself is in shadow. It's cool and, even at 5:00 a.m., the birds are active and singing. It's a real pleasure to work at this time of day, and I often find myself wishing that the sun would never clear the ridge and, instead, I could work the whole day in this lovely, refreshing coolness.

On Saturday, I was up early to help pick and pack for the Farmers' Market. Of necessity, most of what we take to market is picked the day before. It isn't possible to pick everything we take to market in the couple of hours of morning before we have to leave the farm to set up downtown. Still, there are a few things, like basil and chard, that don't hold as well overnight, so we pick them in the morning before leaving the farm. After I picked and trimmed twenty bunches of chard, there wasn't much left for me to do but help with getting the last few items on the truck. Once Jo and intern Doug left, I had a chance to sit in the shade of the oak tree near the farmhouse and drink a much needed cup of coffee. Cradling the mug in my lap, I could hear Mourning Doves and Woodpeckers with their own, unique voices among the many bird songs, and I had time to watch the sunlight penetrate the rows of crops in the field and bleach out the dawn with penetrating, hot brightness. At that time of day, with the satisfaction of another truckload of produce successfully picked, packed and on its way to market, it's easy to appreciate the work we do here and gain pleasure in the progress we've made since the last frost just a little over seven weeks ago.

We work hard to do what we do here. At times, it's even unpleasant to do what's needed. All of us suffer a bit from the heat of the day, and the tasks can be repetitive and demanding of patience that doesn't always come easy when it's nearing 100 degrees. The beautiful images we all hold in our minds when we consider the work of a small farm may be easy to conjure at dawn or dusk, but it can be challenging to hold onto those images in the harsh light of mid-day when there's nowhere to hide from the sun and you're facing another hundred feet of weeds. In a sense, we're not that different than the leafy greens that grow down in the bottom field of the farm. In the morning, they're perky and lit up by dew that reflects back the early morning light. Their leaves stand tall above the stems and are the picture of healthy plants. By noon, they look to be near death as they wilt under the relentless sun. Yet, if you go back to see them at the end of the day as the sun is setting, they've revived and even appear to have grown considerably.

It can be a challenge to farm with the care and consideration equal to what's called for. Those cool moments at dawn and dusk can be the difference between feeling that the work is relentless drudgery or feeling pleasure with the accomplishments of a day. We gain our satisfaction in small ways.

# Recipes of the Week:

## Broccoli Salad -

- 10 slices bacon (optional)
  - 1 head fresh broccoli, cut into bite size pieces
  - 1/4 cup red onion, chopped
  - 1/2 cup raisins
  - 3 tablespoons white wine vinegar
  - 2 tablespoons white sugar
  - 1 cup mayonnaise
  - 1 cup sunflower seeds
1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
  2. In a medium bowl, combine the broccoli, onion and raisins. In a small bowl, whisk together the vinegar, sugar and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours.
  3. Before serving, toss salad with crumbled bacon and sunflower seeds.

## Sesame Kale Salad

- 1 Bunch fresh kale, chard or other greens
- 1 bunch Japanese salad turnip, sliced (optional)
- 2 tablespoons soy sauce
- 2 tablespoons toasted sesame oil
- 1 clove garlic, minced
- 2 teaspoons honey (or other sweetener)
- 1 tablespoon apple cider vinegar or rice vinegar
- Dash of black or ground red pepper
- 1 tablespoon toasted sesame seeds

Strip kale leaves from stems. Chop leaves into strips, approx 1/2 inch wide. Mix dressing ingredients in a bowl and add to greens and sliced turnips, toss and marinate 30 minutes or more. Top with toasted sesame seeds and serve. You can also steam the greens slightly if you prefer a softer salad.

## Jeremy's Caramelized Onions

- 2 Onions
- 3 tablespoons Butter
- 1/4 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.