



This Week's Word From the Farm

Week of 7/13/09

What's In Your Box ?

- Red Orland Potatoes
- Cucumbers
- Carrots
- Salad Greens
- Baby Bok Choy ~sauté with garlic
- Basil
- Strawberries
- Onions
- Garlic
- Zucchini
- Shallots
- Rosemary

Dear Friends,

I had the pleasure and privilege to go to Washington D.C. last week. Along with eight other farmers from across the United States, I was asked to address U.S. Department of Agriculture and Congressional staff concerning the need for increased funding to support research regarding organic methods of production. We were also asked to address the need for funding to create Farm to School programs across the U.S. In 2004, Congress authorized a grant program for schools to receive funds up to \$100,000 to cover start-up costs for Farm to School programs. These competitive, one-time grants were designed to improve student access to nutritious, locally grown fruits and vegetables and to assist schools in their efforts to develop hands-on nutrition education programs. Although authorized, the Farm to School program has never received any funding.

I was pleased by the experience. Like the support for local agriculture you see in communities all across the country, the Federal government also appears to acknowledge the need for increased funding for programs to support the practice of sustainable agriculture, as well as to play a part in addressing the epidemic of childhood obesity and diabetes. Administrators and staff were polite and attentive and offered a great deal to be hopeful about as it concerns the sustainable production of food.

The successful practice of organic agriculture is not achieved by standing in a field holding hands, nor is it achieved with wishful thinking or by intuition. It requires science just as much—if not more—than chemical intensive conventional agriculture. As to the benefits of chemical free and nutritious food, we need to ensure equal access for all. In achieving that goal, Farm to School programs across the country and efforts like Riverhill's own partnership with the local WIC office offer great promise.

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, sauté 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.

Asian Cucumber Salad

1/4 cup rice vinegar

1 tablespoons soy sauce

1-3 teaspoons sugar

1/4 cup sesame oil

2 medium cucumbers, peeled, thinly sliced

6 thin slices onion

Mix the vinegar, oil, soy sauce and sugar in a glass mixing bowl. Add the cucumber and onion; toss until well combined. Marinated for at least 30 minutes at room temperature or refrigerate overnight. Add a dash of red pepper flakes, if you like a little kick to your salad. Serve cold or at room temperature.

Green and Gold Zucchini Frittata

4-5 sm. zucchini, sliced in wafers

1/2 cup shallots or onion, sliced thin

2 tbsp. butter

8 eggs

1/4 tsp. salt

1/4 tsp. rosemary

2 tbsp. chopped basil

1 c. grated Parmesan cheese

Sauté shallots/onions and zucchini in butter until barely tender. Beat eggs in large bowl and add all ingredients, except 1/4 cup cheese. Pour into greased 8 x 12 baking dish. Sprinkle 1/4 cup on top. Bake at 325 degrees for 25 minutes. Then place under broiler for 5 minutes until top is golden brown. Consider adding some leftover cooked potatoes (sliced and lightly browned). Serve either hot or cold. Serves 8.