



## This Week's Word From the Farm

7/19/10

### What's In Your Box ?

- **Green Beans** – If they aren't available on your pick up day, we will make sure you get them soon!
- **Basil** – It's time for pesto!
- **Fresh Tisane** – This bouquet of mint, lemon verbena and lemon balm makes a refreshing tea. Steep in a pot of hot water & serve hot or chilled
- **Shallots**
- **Napa Cabbage / Green Cabbage**
- **Strawberries** – As available
- **Scallions**
- **Chard**
- **Carrots**
- **Summer Squash**
- **Lettuce**
- **Broccoli** – As available
- **Bok Choy / Komatsuna**
- **Garlic**

### Dear Friends,

One of the great pleasures that we have as farmers is the joy of having children come to the farm. Over the course of the season, we see our young visitors every week and get to know them well. In the case of some long-term CSA members, we have watched their children grow from infants in slings and Snuggly packs into toddlers. Alan and I were amazed to see some of our returning little ones arrive this season as walking, talking kiddos!

When children first come to farm it doesn't take long to see their shy smiles turn to eager participation. Of course, the strawberry patch is always a great ice-breaker but I think there is something more about the farm that appeals deeply to kids. As a place of natural beauty and wonder, there is much to appeal to a child's innate sense of curiosity. I am always delighted by their questions and observations about the sights, smells, sounds and tastes of the farm: What are those plants that look blue? Why are there so many bees on the flowers? Do the lizards eat the strawberries? Can I eat the leaves of the radishes too? They allow me to see the farm with fresh eyes and renew my own appreciation for the life of the farm.

We gain satisfaction in knowing that we are giving kids an enriching experience. Even better, we are also nourishing their young bodies. Parents tell us over and over again how the eating habits of their children improve as a result of the CSA. I am sure that this is partially due to consistent access to good, fresh produce. But more importantly, I believe that children are more engaged and interested in the food they eat if they have a direct (and positive) connection to the source. Some parents have complained that they haven't had a chance to try some of the items in their box because the kids are eating it all in the car on the way home. I say, go for it kids! In a world where they are surrounded by a culture of junk food, what could be better than feasting on freshly picked and organically grown carrots, cherry tomatoes, strawberries, sweet bell peppers and the like?

Our greatest hope is that the farm becomes a place that lives on in their young hearts and minds forever, and that by having a relationship with this farm, it will affect their life-long attitudes about food, farming and the environment they live in. If you haven't already seen it on our website, take a moment to enjoy the farm through the eyes of one of our CSA kids ; [http://www.riverhillfarm.com/diegos\\_summer.php](http://www.riverhillfarm.com/diegos_summer.php)

We hope that Riverhill Farm improves the lives of you all, regardless of your age. After all, you don't need to be a kid to enjoy the pleasure of foraging for sweet, juicy strawberries or ripe Sungold cherry tomatoes (We just picked our first basket and will soon invite you into the tomato patch to do the same). And, by the way, the blue plants are the broccoli, the lizards don't eat the strawberries, and you CAN cook your radish greens.

# Recipes of the Week

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.

Frittata with Riverhill Veggies ~ This basic frittata recipe can be adapted to use any number of fresh veggies available in your box on a given week

- 1 teaspoon olive oil
  - 1/2 cup chopped onion or shallots
  - 1 clove garlic, minced
  - 1 zucchini, halved lengthwise and cut in 1/4 inch slices
  - 1 bunch chard, chopped
  - 1 cup broccoli florets
  - 2 tablespoons black olives
  - 4 eggs
  - salt and pepper to taste
  - 1/4 teaspoon dried oregano (or try some fresh basil!)
  - 1 pinch cayenne pepper
  - 1/4 cup shredded mozzarella cheese
  - 1/4 cup grated Parmesan cheese
1. Preheat the broiler on your oven.
  2. In a frying pan with an ovenproof handle heat the oil and sauté onion and garlic over a low heat. Sauté until vegetables are just tender but not browned. Add the zucchini and broccoli and continue cooking, stirring occasionally, until crisp-tender. Add the chard, stir well to combine, and continue cooking, stirring frequently, until the chard is tender.
  3. Then add the black olives, stirring well to combine with the other ingredients.
  4. Beat the eggs with the salt, pepper, oregano, and cayenne. When all the vegetables are cooked, pour the eggs over them
  5. Sprinkle the mozzarella and Parmesan cheeses over the top. Cook gently over low heat until the eggs are almost set (they'll be firm around the edges and a bit runny in the middle).
  6. Slip the pan under the broiler for a minute or two, until the eggs are fully set and the cheese has melted and begun to brown. Cut into wedges and serve.