



This Week's Word From the Farm

Week of 7/6/09

What's In Your Box ?

- Green Beans
- Cucumbers
- Beets
- Carrots
- Salad Greens
- Collards or Totosi (use this delicious Asian green as you would spinach)
- Cabbage or Broccoli
- Yellow Onion
- Garlic
- Zucchini
- Shallots
- Bulbing Fennel – Optional

Dear Friends,

These past few years, we've had the pleasure of watching the youngest members of our CSA families grow up knowing the farm as an extension of their home kitchen. It shows in the comfort they feel when they quickly march up the path from the parking area and greet us at the farmstand. Then, either they're off to the strawberry patch or they help pack the box for that week, choosing the things they like that will end up as part of their family meals. Last week, one youngster even offered to share with Jo his recipe for zucchini pancakes!

The past two generations of American children have grown up under historically unique circumstances: even though most of their meals are made up of the products of American agriculture, they may live their entire lives without ever stepping foot on a farm. We think they're missing a lot: the aesthetics of beautiful working landscapes, getting to know folks who work the land to produce food, the sense of belonging to a community that comes with the awareness that our town can provide for many of our basic needs.

We're glad that we've been able to play a small part in the lives of your children, providing them with a tangible sense of where their food comes from, how it grows and the connection between nature and their sustenance. We think these are important things for your children to experience, and we hope that it may influence their lives in positive ways. We tend to think that gaining these experiences while young will help children to eat well, appreciate nature more, and value the preservation of our ability to feed ourselves from sustainable working landscapes within our own community.

Recipes of the Week:

Pickled Beets

- 1 bunch (4 or 5) roasted beets
- 1/4 cup white vinegar, or rice vinegar
- 1 Tbsp sugar
- 1 Tbsp olive oil
- 1/2 teaspoon dry mustard or 1 tbsp. Dijon Mustard
- 1 shallot, finely sliced
- Salt and pepper

Remove beet greens and save for use in your favorite “greens” recipe. Wash beets and place in a baking dish with a splash of water. Cover tightly with foil and bake in a 375 degree oven for approx. 45 minutes, or until easily pierced with a fork (you can also grill beets in tightly wrapped foil, steam, or boil). Uncover and allow to cool. Use your fingers to slip the peels off of the beets. Slice the beets. Make the vinaigrette by combining the vinegar, sugar, olive oil, and mustard. Whisk ingredients together with a fork. Add salt and pepper to taste. Combine beets and vinaigrette in a bowl and allow to marinate for a half hour at room temperature. We love these beets served over salad greens or sprinkled with goat cheese and pecans as a side dish.

Collard Green Saute

Wash one bunch of collard leaves, cut out stems and discard. Stack the leaves and roll them up tightly, then slice thinly so you have a chiffonade of greens. Heat 1/4 cup of olive oil in a large pan over medium heat with 1 tsp. sugar, 1/2 tsp. salt, 1/4 tsp. pepper, 1 tsp. minced garlic and 1/2 onion. When the oil is hot, add collards and stir often for 15-20 minutes, until collards are tender, taking care not to burn the greens. Add more oil if necessary. The traditional southern recipes call for bacon fat instead of olive oil and a dash of hot pepper flakes! Makes four servings.

Chilled Cucumber Soup

- 2 large cucumbers, peeled and coarsely chopped (divided use)
- 1 1/2 cups chicken broth
- 1 1/2 cups plain yogurt
- 2 tablespoons sour cream
- 2 teaspoons dried dill or fresh mint
- 1/2 cup thinly sliced onion

Put one chopped cucumber in a blender. Add the broth, yogurt, sour cream and dill. Blend for 20 seconds. Pour the mixture into a serving bowl. Stir the remaining chopped cucumber and the green onions into the soup. Chill for 2 hours. Makes 6 servings.

