



## This Week's Word From the Farm

### Week of 8/10/09

### What's In Your Box ?

- Tomatoes
- Red Onions
- Carrots
- Yellow Finn Potatoes
- Eggplant
- Cucumbers
- Kale
- Salad Greens
- Bok Choy
- Summer Squash
- Garlic
- Shallots

### Dear Friends,

Recently, Riverhill Farm has been honored by the work of two local artists/craftsman. Those of you that come to the farm to pick up your produce have certainly noticed the ongoing construction of our beautiful new gate. This is the workmanship of our CSA member and timber-frame builder, Tim Brennan of Ridgebeam Building. Tim approached us last winter with the idea that he wanted to give something back to us for the work that we do and wondered if he could supply his labor to us for the construction of a gateway from the parking lot into the growing area. Of course we were flattered and excited, but we had no idea that he would provide us with such a work of art! Tim's attention to detail and skilled workmanship has been a labor of love and an exquisite addition to the landscape of the farm. Please take a moment to admire it as you enter the farm.

In the early spring, we were visited by local fabric artist and CSA member, Karel Hendee (some of you may remember Karel as the lovely clogger and contra dance caller at our farm opening). Karel told us that she felt very inspired by the work of local farmers and that she wanted to do a series of quilted silk paintings in honor of the work that we all do. We talked with her about the history of the farm, the seasonal work of farming and our connection to the community and other farmers. This week, Karel opened her show of quilts at The Briarpatch Co-Op. When Alan and I saw what she has created as a tribute to the farm community, we were extremely moved and touched. The pieces are truly beautiful and her message is very moving. We urge you all to drop by the Briarpatch to see the show, which will be hanging there until September 3rd.

We are all blessed to live in a community that is so giving and rich in talent. That we can be part of such a circle of inspiration is such a gift... the idea that we provide inspiration to others gives us the inspiration to continue in our work as farmers. Thank you Tim and Karel for your beautiful creations and inspiration.

# Recipes of the Week:

## Sichuan Eggplant Braised in Fragrant Sauce

4 Asian eggplants (about 1 lb)  
3 tablespoons oil  
6 cloves garlic, minced  
6 slices fresh ginger, minced  
3 scallions, chopped (or shallots)  
1 tablespoon chili paste  
¼ cup water

Sauce:  
2 tablespoons soy sauce  
1 tablespoon rice wine  
½ tablespoon sugar  
1 teaspoon vinegar  
½ teaspoon salt  
1 teaspoon sesame oil

- 1) Halve the eggplants lengthways, then cut each half into 2 inch pieces.
- 2) Combine all the sauce ingredients and set aside.
- 3) Heat the oil in a wok or skillet over high heat and when hot, add the eggplant, garlic, and ginger and stir-fry until the eggplant begins to soften, about 4 minutes.
- 4) Add the scallions and chili paste and cook for 2 minutes. Add the sauce and stir to combine all ingredients. Add water and cover. Reduce heat to low and cook for 5 to 6 minutes. Transfer to a serving dish.

## Mom's 'Fridge Pickles

- o 1 Cup white vinegar
- o ¼ Cup sugar
- o 1 Tablespoon sea salt
- o ½ Teaspoon black pepper
- o 6 Whole Cloves
- o 2 Bay leaves
- o ½ Teaspoon crushed red pepper flakes
- o 1 teaspoon dill seed
- o 4-5 small cucumbers, peeled in stripes and sliced into 1/8 inch thick rounds
- o 1 small red onion, thinly sliced into rounds.

- 1) Combine the vinegar, sugar, salt, pepper, cloves, bay leaves, red pepper flakes and dill seed in a quart jar. Place on lid and shake until the sugar has dissolved.
- 2) Layer the cucumbers and onion in the jar using a wooden spoon to press them tightly into the jar. Cover, shake and refrigerate at least 4 hours, shaking occasionally to mix. These pickles will keep in the fridge for at least 1 month.