



# This Week's Word From the Farm

## Week of 8/18/08

### What's In Your Box?

- Melons
- Tomatoes
- Sweet Corn
- Pears
- Eggplant
- Summer Squash
- Carrots
- Beets
- Yellow Wax or Green Beans
- Cucumbers
- Salad Greens – Baby Romaine
- Garlic
- Shallots
- Basil

### Dear Friends,

Jo and I had the unprecedented pleasure of going away this past weekend for a little vacation, the first time we've done that mid-season. We went to the eastern side of the Sierras for a few days, and took our time with everything. We were able to wake up slowly, drink tea to the sound of a creek, read and wander a bit through the high country. Neither one of us had any ambition to accomplish anything in particular, and no list of things to get done. For me, it was the first time since the early Spring that I had been away from the farm, and I enjoyed it a great deal.

While we were away, the farm enjoyed the attention of Maggie and Elijah, who took our places at the farmstand and in the fields. Many thanks to them for providing us this opportunity, and for taking such good care of the farm and all the Saturday folks who came to pick up their boxes.

We are now a little past the half-way point in the season. As a reminder, the season will end this year the week of October 6<sup>th</sup>, with the last day of pick up being October 11<sup>th</sup>.

### Recipes of the Week:

#### Chilled Cucumber-Mint Soup

- 4 cucumbers, peeled, seeded and chopped (about 4 cups)
- 1-2 cups water
- 1 tablespoon honey
- 1 clove garlic, peeled and smashed
- 1 teaspoon mint leaves, chopped
- 2 cups plain yogurt (or 1 cup yogurt combined with 1 cup sour cream)
- 1 to 2 teaspoons salt
- 2 tablespoons fresh dill or 1 teaspoon dried dill

Combine the cucumbers, 1 cup water, yogurt, garlic, mint, dill honey and 1 teaspoon salt in a blender or food processor. Puree the ingredients, adding more of the water until the soup is a consistency you like. Season with more salt to taste. Transfer the soup to a large bowl and chill for several hours. Garnish each serving with a sprig of fresh dill or mint.

## Beet Slices in Creamy Mustard Sauce

- 1 bunch beets, scrubbed, trimmed
- 3 tablespoons butter
- ¼ cup chopped shallots
- 1 tablespoon flour
- ½ cup vegetable or chicken stock
- ¼ cup milk
- 3 tablespoons Dijon mustard

Preheat the oven to 400 degrees. Place beets in a roasting pan with ½ cup water. Cover with foil and bake until beets are easily pierced with a sharp knife, 45 min. to 1 hour (Beets may also be boiled). Allow beets to cool slightly, then run under cold water and slip off their skins. Slice in half and cut each half into ¼ inch wedges. Melt the butter in a large skillet over medium-low heat. Add the shallots and cook, stirring for 4 minutes. Whisk in the stock, milk, and mustard. Cook and stir the mixture until slightly thickened. Add the beets, continuing to cook and stir until they are warmed through, about 10 minutes. Season to taste with salt and fresh-ground pepper.

## Beans with Lemon Thyme and Tomatoes

- 1 pound yellow wax or green beans
- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 shallots, minced
- 1 tomato, peeled, seeded and diced
- 2 teaspoons finely chopped lemon thyme
- Balsamic vinegar

Trim the beans and cut into 3 inch lengths. Boil them in salted water, uncovered, until tender-firm, about 5 minutes. While they're cooking, melt the butter with the olive oil, add the shallots and cook for 2 minutes, then add the tomato and thyme. Drain the beans as soon as they're done, add them to the pan, and cook briefly, coating them with the sauce. Season with a few drops of balsamic vinegar and serve.