



## This Week's Word From the Farm

### Week of 8/24/09

### What's In Your Box ?

- Tomatoes, Tomatoes, Tomatoes
- Tendersweet Cabbage
- Carrots
- Yellow Finn Potatoes
- Peppers
- Summer Squash
- Zucchini
- Asian Eggplant
- Italian Parsley
- Garlic
- Onions

This week's message is from our intern and resident 'Melon Man', Jeremy Hasper. Many of you know Jeremy as our resident chef and the force behind our monthly Twilight Farm Dinners. If you have already attended one of our dinners, then you have experienced Jeremy's skill in the kitchen first hand. Our next dinner is scheduled for September 26<sup>th</sup> and promises to be another culinary treat (look for an announcement soon). Jeremy hopes to one day apply his experience here at the farm to the creation of a farm-based restaurant. We think he has the recipe for success!

To me, nothing says summer more than a fresh melon, sweet, juicy and always delicious. Now that we've been eating them for a few weeks I finally get a chance to tell you a little something about them. Melons are native to Africa, and have been cultivated for over 4 thousand years, first by the Egyptians, Chinese, and Romans. They were brought to the New World by Columbus on his second voyage to the Caribbean, and were a big success with the natives. Before settlers made it to the West Coast the melon was already here, so much was cultivated that the arriving Europeans believed them to be native.

Although very similar, watermelons and melons are 2 different species. There are an estimated 1400 varieties of melon and 1200 varieties of watermelon, ranging from less than a pound to over 200. The seeds are prized for their high levels of protein and taste great toasted like pumpkin or squash seeds. And men, watermelon rind is a natural alternative to that little blue pill.

So enjoy that sweet taste of summer and I'll be seeing you all soon on the farm.

# Recipes of the Week:

## Big Crunch Cole Slaw

1/4 cup of cider vinegar

2 tablespoons of sugar

1 teaspoon of dry mustard

1/2 teaspoon of ground red pepper

1 tablespoon of olive oil

4 cups of shredded cabbage

1 cup of shredded carrots

1/2 cup of thinly-sliced celery

1/2 cup of finely diced onion

1 cup of thinly-sliced sweet or bell peppers

1/4 cup of raisins

2 tablespoons of minced fresh parsley

1 tablespoon of minced fresh ginger

In a measuring cup or cruet, thoroughly combine vinegar, sugar, mustard, pepper and oil. In a large bowl, combine cabbage, carrots, sliced vegetables, raisins, parsley and ginger. Add dressing and gently toss. Let stand 1 hour to marinate vegetables and blend flavors.

## Balsamic Roasted Tomatoes

1 1/2 lbs. tomatoes, halved

2 tablespoons olive oil

1 tablespoon balsamic vinegar

1 tablespoon fresh rosemary

Sea salt and freshly ground black pepper to taste.

Preheat the oven to 400. Place the tomatoes on a baking sheet with sides, or a casserole dish. Drizzle with olive oil and vinegar, sprinkle with rosemary, salt and pepper, and toss to coat. Spread the tomatoes in a single layer with the tomatoes cut side down and roast for 30 to 35 minutes, stirring occasionally, until the tomatoes are soft and shriveled and the vinegar has caramelized on the bottom of the pan. Serve with bread and cheese, or use as a topping for pasta.

## Zucchini Pickles from CSA member Chip Carman

- 3 medium zucchini (about 1 lb.), cut into paper-thin rounds

- 1 small onion, halved and cut into paper-thin slices

- 2 tbsp. kosher salt

- 2 cups cider vinegar

- 1 cup sugar

- 1 1/2 tsp. dried mustard

- 1 1/2 tsp. yellow mustard seeds

- 1 tsp. ground turmeric

In a shallow bowl, combine zucchini, onions, salt, 5 cups water, and 3 cups ice cubes. Stir until salt has dissolved; let sit at room temperature for 1 hour. Drain vegetables; pat dry with towels. Put vinegar, sugar, dried mustard, mustard seeds, and turmeric into a 2-qt. saucepan; boil. Reduce heat to medium-low; simmer for 3 minutes. Let cool. Transfer zucchini mixture to a 1-qt. jar and add vinegar mixture; stir. Cover; refrigerate for 1 day before using. Will keep for 3 weeks in the refrigerator.