



Down on the Farm Notes: November 10th, 2009

Hi everyone,

The blue November skies and cool air bring home the memories of long ago Nevada days out west. As you drive along in rural Nevada, you will still find remnants of this history alive today. The cooler days bring the sheep and the cattle down from the higher elevations and back into the valley to keep over the winter. The sheep come in to eat the stubble off the alfalfa fields that are finished for the season. The cattle will clean up the pastures and if snow falls, the farmer will begin feeding them hay from the old rusty feed truck. The cattle ranchers and the sheepherders will tend to the upcoming birthing and feeding of their animals through the cold winter months.

As I drive through the valley the herds of sheep are contentedly grazing throughout the fields. A shepherd and his dog can be seen out in the midst of a flock of sheep. Cattle truck lights can be seen in the distance unloading cattle into corrals or sometimes right into open fields in the

dark. We will hear the call of the cattle for a few days and then they settle down to enjoy their new home.

Years ago, cattle trucks were not so popular and, in some areas, unheard of. As the sheep which are still herded down the road, the ranchers would bring their cattle home down the road. They called them "cattle drives." Cattle drives were a way of life--a ritual every spring and every fall. About this time in November when the blue of the November skies can be seen, it was time to bring the cattle home. More times than not it would be very cold and snowing and it would sometimes take a week. Many cattle spent their summers in the Bridgeport area, so as you drove along 339, you would most likely end up going through a herd of cattle walking down the road. They would string out sometimes for ½ a mile to a mile. The cows knew they were going home. Most often, when they made the trip once, they knew the way for their next 8-10 years of their life.

I was little when my grandfather had his cattle drives. I was lucky and able to stay up front in the warmth of the pickup with my grandmother. Our family wasn't as authentic as some with the chuck wagon following behind. There wasn't anything glamorous about it at that time, either. It was a job that had to get done and done in a timely manner before the snow came too hard and snowed cattle and people in. Once we finished feeding everyone lunch, we would follow behind the line for awhile watching the back sides of the cattle and horses trudging slowly down the road. My grandfather would take me once in awhile on the horse for a way down the road. He would go back and forth on the road with his horse to bring in cattle wanting to take their own direction. Once in awhile he would dally up and rope a calf for excitement. Before long I would get to go back into the warmth of the pickup and thaw out. The best time of the day was arriving home in the dark and walking into Grandma's house. She would leave dinner going in the oven or on the stove. It was hot and inviting and waiting for all the cold wranglers when they arrived home.

This was a common practice for all of the cattle ranches in Nevada. We were lucky because we didn't have to drive our cattle very far. But if you have traveled through Nevada, you know there are a lot of wide opened places out there. Not all ranchers had it as easy. Don Keele from Fallon shared the other day that his wife's family ran cattle in the early 1900s. They didn't get to go home at night. They were on the drive, on their horses, outside in the open until they got home. Don shared with me one of the warm and satisfying trail meals that were served, "Buckaroo Spuds." A nice western sounding name for potato soup! We look back in Nevada history where cattle ranching and sheep farming was an important way of life around here. We look at it now as glamorous and even romantic. But those were hard work days.

The next cold, windy day with the snow blowing in your face, remember the hard working Nevada cowboys and sheepherders of yesterday and cook up a pot of Buckaroo Spuds. And maybe go so far as to take your cup of soup and step outside and enjoy it in the cold brisk air. Enjoy our wide open Nevada skies and fresh air. Look up and you will be

sharing the same sky our long ago cattle ranchers worked out under on their horses and sitting around their campfires eating their Buckaroo Spuds.

Here is what you'll find in the Basket:

- * Green Onions
- * Gold Nugget winter squash
- * A piece of Banana Squash (remember to refrigerate)
- * A mix of Fuji and Arkansas Black apples
- * Fennel
- * Herb Plant :you will receive a Rosemary (needle like leaves, or just smell it)
Or a Thyme Plant (Green and leafy)
- * Potatoes
- * Greens
- * Pomegranates (Just picked and gorgeous)
- * Jerusalem Artichokes (check out my little F.Y.I. note in the recipe section)
- * A variety of jam (Strawberry or Raspberry or Strawberry/Rhubarb or Apricot or Heart of Gold Melon)

The Gold Nugget Squash is another squash that has a handy little dish in the center of it to hold wonderful ingredients like butter and brown sugar or a wild rice stuffing. Rick had a student from Peru at the farm this summer. She made me a green onion pancake which was yummy. I

have included the recipe. The basket is a "stretch basket". Fennel is something not everyone buys at the grocery store nor Jerusalem Artichokes. I have a few recipes for you. Enjoy the pomegranates. They were just picked from 2 year old bushes less than a week ago. They left the twins and triplets together. The banana squash needs to be refrigerated. REMEMBER, we are over loading you with squash and pumpkins right now. I know you can't possibly eat them all right now. BUT...they keep for later. And for all the pumpkins, every time you turn the oven on to bake something, slip in a couple of pumpkins. Cut them in half and place them on a cookie sheet with just a little water. Bake until tender. When they are cool, you can remove the seeds and scoop the pulp from the skin. Measure out and freeze in a zip loc bag for later use. We are stocking your freezer and pantry for you for the winter. Enjoy your herb plant. I suggest keeping these in the house now to enjoy. If you still have a live plant this spring then plant outside. This was for you to enjoy through the winter months. The Fuji apples are great to eat and I would cook with the Arkansas Black.

Enjoy your jam. It was made fresh on the farm in Fallon. They are not your typical hard set jams. We like it a little softer, great on biscuits and ice cream too.

We are taking signups for our Thanksgiving box. We need to know how many are interested by November 17th. Go to the [website](#) to see what is on the menu. We are offering it for \$100 this year. We decided to go with less cost this year. We are trying to be sensitive to the times.

We are also, for the first time, offering a smaller box which will contain only the basic produce for a dinner such as potatoes, winter squash, onions and pie pumpkin for \$20.00. Also check out this list on the website. Please remember that the November 24th pick up is for only those people who special ordered the Thanksgiving Basket. Our regular deliveries will resume as usual the next week.

Order extra Thanksgiving goodies! Check it out [here](#). You can order extra breads, jams, pumpkins, potatoes, squash, and yummy pies!

Remember, the Co-op location is no longer available for pick up. All of our customers that pick up at the co-op will now pick up at the West St. Market. 138W. St. between 1st and 2nd in the back. We are terribly sorry for the inconvenience this has caused.

Corn Days: Fallon...Saturday, Dec. 12.
A day on the farm. 9:00am to 4:00 or 5:00pm

This was such a great success last year that Rick is offering it again. It may be cold so dress warm. Bring your own lunch and bring gloves. You will be able to experience picking the corn from the field, husking it, shelling it, and you will also have the option of grinding it. Bring your own plastic or paper bags. We suggest you store it in paper for awhile to make sure it is dry. Then you can keep it in a glass jar once you are sure the corn is dry. Hate to have it mold on you. Everyone had so much fun last year even in the snow and cold!

Have a great week!

Tina

Recípes

Buckaroo Spuds

(Shared by Don Keele from Fallon. 5 generations of family have enjoyed the stories along with these spuds!)

1 Dutch Oven
1 lb. bacon, chopped up
Onions and potatoes to fill Dutch oven.

Add enough water to almost cover potatoes. Cook until tender. Serve. Eat outside on a dark night under the bright Nevada stars, preferably around a campfire.

Green Onion Pancakes

(from Famela, a work study student from Lima, Peru, working the summer at Lattin Farms)

6 green onions -white part very small and green parts medium
3 eggs
1 tsp. salt
1/3c. milk or you can use 1/3c. water
2/3c. flour

Sprinkle in dried basil or oregano if you choose. Mix all ingredients together. Scoop 1/3c. of dough mixture and pour into hot oil. Fry until brown on both sides. Top with tomatoes and sour cream.

Onions can be replaced with any kind of garden vegetable--her favorite being Swiss Chard or spinach leaves.

Linguine with Fennel and Shrimp in Orange Sauce

8 oz. fresh or frozen peeled deveined shrimp
8 oz. linguine or fettuccine
1 medium fennel bulb, trimmed and sliced
1 tbl. olive oil
1 c. chicken or vegetable broth
1 tbl. cornstarch
1 tsp. finely shredded orange peel
1/4v. orange juice
2 oranges, peeled, halved lengthwise, and sliced
1 green onion, thinly sliced
Snipped fennel fronds (the green part)

Thaw shrimp, if frozen. Rinse shrimp; pat dry. Set aside.

Cook pasta according to package directions until almost tender; add shrimp. Return to boiling; reduce heat. Simmer, uncovered, for 1-3 minutes more or until shrimp turn opaque and pasta is tender but still firm.

Drain; return the pasta and shrimp to saucepan. Cover and keep warm.

Meanwhile, for sauce, in a medium saucepan, cook sliced fennel in hot oil over medium heat for 3 to 5 minutes or until

crisp-tender. In a small bowl, stir together chicken broth and cornstarch; stir in orange peel and orange juice. Add broth mixture to saucepan. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Gently stir in orange slices. Pour sauce over pasta mixture; toss gently to coat. Transfer to a warm serving dish. Sprinkle with green onion and, if desired, snipped fennel fronds. Can substitute chicken for shrimp.

Lemon-and-herb-roasted Jerusalem Artichokes

2lbs. Jerusalem artichokes
3 tbl. olive oil
Leaves from one sprig of herb of choice
(or use dry herbs like basil)
2 cloves garlic
Zest of 1/2 lemon (about 1 tbl.)

Preheat the oven to 500. Lightly grease a large sheet pan or large shallow roasting pan with oil. Scrub the Jerusalem artichokes well or peel them. Cut off the irregular knobs to make reasonably regular shapes. Cut the artichokes into 1" pieces. Combine the artichokes with the oil in a large bowl and toss to coat. Arrange in a single layer in the prepared pan. Roast for about 15 minutes, shaking the pan occasionally for even cooking. While the artichokes roast, combine the basil, garlic,

and lemon zest in a mini food processor or finely chop. Sprinkle the lemon-herb mixture over the artichokes and continue to roast for about 5 minutes. The chokes should be well browned and tender, and the garlic should be fragrant but not burned. Sprinkle with salt and serve right away.

F.Y.I. From comments we heard last year:

Once introduced, the Jerusalem artichoke was quickly adopted in Europe, though John Goodyear, revising Gerard's Herball in 1621 wrote, "which way soever they be dressed and eaten, they stir and cause a filthy loathsome stinking wind within the body, thereby causing the belly to be pained and tormented." Some people are more tormented than others, no doubt related to how their bodies deal with the inulin present in the tubers. Inulin is a carb, related to fructose, but largely indigestible. For this reason, while some experience digestive distress after eating the artichokes, diabetics and those on low carb diets are encouraged to think of Jerusalem artichokes as a potato substitute and given the go ahead to enjoy it freely.

If you experience flatulence when eating Jerusalem artichokes, you can try parboiling the pieces until crisp tender, 5-15 minutes depending on the size. Then roast or sauté.