



Down on the Farm Notes: May 12th & 14th, 2009

Hi everyone,

Wow! What a beautiful weekend. Hope all of you were able to spend some time outside and enjoy the beautiful warm weather. The few days we have had without wind have been absolutely heavenly.

Each week is more exciting on the farm. Rick just planted 17,000 transplants of melons and a few cucumbers. Seeds are going in, precious water is bringing up the tender seedlings, and the sun is making everything grow. The days are longer. The sun is up early and the birds keep us company in the early morning light while we harvest, plant, and weed, and then it is so pretty in the evenings as the sun goes down and the day has cooled off. Those are my two favorite times of the day. It is so peaceful.

What is in the box this week:

- *Lettuce: some of you a mix, some of you Romaine
- *Spinach: some beefy and some baby
- *Carrots
- *Green garlic
- *Oregano
- *Parsley

*Arugula: Thurs. may have to wait for next week. All depends on how it comes back!

*Mushrooms: Both Tues. and Thurs. Yay!!

*Greens Mix: Tuesday only. (Thursday hopefully next week. Everything is at the baby stage!)

Just for the record, nobody received mushrooms last week. The second flush just didn't happen, so Dan started a new batch and now both days will receive mushrooms. The asparagus hasn't really liked the cool nights. It slowed down but we are hoping for it to pick up a little again by next week. That is the bad thing about asparagus. It has such a short season and is fickle to the temperatures!

The greens mix is kind of fun. Anna is adding some baby chard, baby beet greens, a few mustard leaves, some spinach, a touch of arugula, lovage (tastes and smells like celery), and the first of the snow peas! This will make an awesome fresh salad, or you can wilt it with a little garlic and serve with oil and vinegar drizzled over it. Snow peas are also great raw, lightly steamed or sautéed. These are ALL baby greens. We need to give them a little time before we pick again, so Thursday delivery will

hopefully receive this same bag next week. Meanwhile, you get another bag of fresh greens. Note: If you cannot use all of the parsley, chop it up and put it in a glass jar and stick in the freezer for later use. It tastes almost just as good as fresh when frozen.

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This week I want to introduce you to one more new grower, Dawn Maxson of Dawn's Dream Acres. Dawn moved to Fallon just 5 1/2 years ago. She was formerly a 7th & 8th grade science teacher in the Sacramento area. She has always had a dream of being able to farm, hence the name Dawn's Dream Acres. On her 8 1/2 acres she also keeps chickens, and three dogs that go by the names Gabbs, Sophie, and Fernley very Nevada). She also raises and breeds Freesian horses. Her chickens and horses help keep her inputs for her soil coming directly from her farm, making hers a sustainable system. She loves how her chickens are her best weed and bug control, not to mention being an automatic fertilizing machine. This past December she built her first hoop house structure and she is now in the full swing of growing. We are very excited to see someone so passionate about growing sustainably and we applaud Dawn for following her dreams of farming.

Along with growing for the Basket, she will also attend the new growers market that will be held in Fallon on Saturday mornings at the Slanted Porch restaurant. Dawn also keeps herself busy making all natural soaps and beaded jewelry, all of which she will also take with her to market. I loved the name of one of her new soaps that she has to offer: Dillicious which contains lime, parsley, sage and other herbs to make a very refreshing and fragrant soap.

In talking with Dawn this week, I also found out that she is extremely passionate about teaching. While working in a "rough" school in a not so nice area of Sacramento, she discovered that she was able to reach some of the struggling kids through her dog, Sophie. Sophie went to school with Dawn once a week, but when she found that Sophie was actually making a difference, she began bringing her to school every day. In fact, Sophie was such an instrumental tool that Dawn created the Animal Science and Welfare Club after school. With all of this experience, her dream is really to someday be able to reach out to these kids who have never been out of the city before, and somehow someday create a farm that could be available for these kids. We hope you can do it, Dawn. To reach her, you can call her at 775-426-8215.

Did You Know.

(Taken from *Acres* farm magazine)

Europe still has national laws that say you must identify if your food product contains more than 1% of GMO ingredients. In the U.S. since the 1990's, it is opposite. It's against the law to label your food product as containing GMOs, so most Americans have no idea that about 60-70% of their daily diet; bowl of Kellogg's cornflakes, corn on the cob at KFC or McDonalds cheeseburger that has at least 1/3 allowable GMO soybeans.

Note. GMO is an acronym for Genetically Modified Organism, which in short means a food item that has been scientifically altered and this practice has created a huge controversy. I'll explain more at a later time. But if this is all new to you, I encourage you to begin researching it and understanding it.

Did you know .

(taken from *Acres* farm magazine)

This year Americans will spend more than \$110 billion on fast foods. This compares to \$6 billion in 1971.

Did you know.

Those hard to peel stickers you find on your bananas and apples actually have a job. This sticker system has been developed by an affiliate of a Newark, Delaware

based produce market association and has been in use since 2001.

*A 4 digit # means product has been conventionally grown.

*A 5 digit # beginning with 8 means product has been genetically modified.

*A 5 digit # beginning with a 9 means product has been organically grown.

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Summer is so close. I can't wait for the first slice of tomato! Have a great week.

Tina

Recipes

Spring Salad 2

- 1tbl. maple syrup or brown sugar
- 2 tbl. red wine vinegar
- 1 tbl. olive oil
- 1/4 tsp. salt
- 3c. spinach
- 2c. watercress or arugula
- 2 1/2c. fresh strawberries
- 1/3c. fresh chives
- 1/2c. toasted pecans
- 1/4c. crumbled goat cheese

Mix the first 4 ingredients. Arrange rest of ingredients into a salad. Pour dressing over salad right before serving.

Carrot Dressing

1pt. fresh carrot juice
3tbl. lime juice
1 tsp. Asian Chile sauce
1 tsp. toasted sesame oil (I never have sesame oil on hand. You can take sesame seeds and toast them in a pan. Then add oil to the toasted seeds and let sit for a little bit to let flavor permeate oil. Not the real thing but it works!)

Serve over fresh greens.

Note: As you may have already noticed, when using fresh greens, try not to toss the salad with the dressing. The greens are so tender the salad becomes mush before the end of the meal!!! Pass the bottle of dressing instead.

Spinach Salad with Orange Honey Vinaigrette

1 tbl. honey
2 tbl. frozen orange juice concentrate
1 tsp. minced shallot (or chives)
1 tbl. red wine vinegar
1 tbl. balsamic vinegar
1/2 c. olive oil
salt and pepper to taste
1 bunch spinach
1 small red onion, sliced thin
2 oranges, sectioned
1/3c. roasted almonds

Whisk honey, orange juice concentrate, shallots, and vinegars in a bowl. Gradually whisk in oil. Season to taste with salt and pepper. Thoroughly clean the spinach and dry it in a salad spinner. Toss spinach with onions, oranges, almonds, and just enough dressing to lightly coat.