



Down on the Farm Notes: May 19th & 21st, 2009

Hi everyone!

Well, the heat is on this week. I don't know about you, but by this afternoon I was dragging. I'm not quite acclimated yet to this warm (hot) weather, but it sure made Rick's zucchini and cucumbers grow. They, at least, responded happily to the heat.

What is in the box this week:

- *Mixed greens (lettuce)
- *Spinach
- *Carrots
- *Green garlic
- *Radishes (lots—sorry, they came on all at once.)
- *Asparagus (Hopefully. We will wait and see what the heat does to it!)
- *Mixed greens (Thursday only)
- *Arugula (Thursday only)
- *Garlic Chives
- *Lovage

Sorry for those of you who don't care for radishes. We tried spacing them out between growers, but this week they are all ready at once. So much for planning! They will keep crisp and fresh if you remove the greens and keep them in a bowl

of water in the fridge. They will keep this way for quite some time. Sauté them in a little butter or olive oil. They are actually quite good this way too. If you don't use the chives right now, chop them and let them dry to use later. Lovage is an herb that has the flavor of celery, and it's great raw and in a salad.

Housekeeping: We decided that it would be better if people didn't break their boxes down. Please return them still made up because this will save us time and a little less wear and tear on the box itself. Thank you!

This past Saturday was the Great Basin Co-op plant sale. What a great day. I saw many of you there supporting them. It is very exciting to see so many come out and buy plants and try their hand at gardening this year. Good for you, those of you who are planting a few tomatoes and herbs. One word of advice—have fun, and DON'T become discouraged if something doesn't turn out. That is normal. You just keep planting and trying.

Even us “Old Farmers” know that each year something will not turn out, so keep it fun and just keep with it!

If you haven't been to the Co-Op's new location, you need to fit a visit into your schedule. They have done such a nice job. The freshly painted building is so cheerful, and they are going to have some beautiful planter boxes growing wonderful things outside. The entire store looks great inside, too, being nicely organized. Lots of parking, too! Nice job, all of you who worked on the new building and helped in getting it moved to its new location.

This week I want to introduce you to introduce you to Salisha Odum of “Salisha's Delicious.” She is one more of our new farmers who has joined up with us this year. Salisha has been in Fallon for the past 32 years. In that time she has worked at the restaurant at the Fallon Base, worked in a school kitchen, and does catering. She also keeps herself busy as a food vendor at the Tuesday evening Fallon Farmers Market and the Wednesday afternoon Carson City Farmers Market. Her specialty is fried zucchini, okra, and eggplant. She likes to grow all of her own “ingredients.” Salisha has been growing a large garden now for

the past 5 years and this year has decided to expand and grow for us also. She loves growing the food and serving good food to people.

She has always grown organically, but this summer she will become certified organic. She plans on adding chickens to her acreage sometime this summer. She also has Doodle and Noodle the goats, Bo the Australian shepherd with new puppies, and Crabby the Tabby cat on the farm. She can be contacted at 775-427-5167.

Did You Know?

(Taken from an article from the *American Spirit* magazine)

~ Preserving food at home today is seen as a creative outlet and a heritage related activity rather than as a necessity. These troubled times seem to have people interested in looking back at the past and preserving food is part of it. In early America, preserving food wasn't optional. It was the only way a family was guaranteed to eat. Food preservation was a constant daily task. It was a constant job to ensure there would be enough food for their family.

~ Home food preservation has skipped a generation or 2. But they need help now to learn because although they remember

their grandparents doing it, their own parents didn't and so they weren't taught.

~The University of Georgia last year sold more copies of "So Easy to Preserve" than previous years. They sold out twice so they introduced a canning/preserving and dry foods program which had to be repeated 5 times that season.

(Note: We will be soon announcing our canning/preserving classes scheduled for later this summer. Watch for the dates on our website.)

Great things are going on these days with local food. If you have a spare minute, take a look at the [Nevada Grown](#) website. Their membership has more than doubled in a short time. You, our dear customers, are making a difference. Your choices to support the small farms and local growers are even creating interest in urban agriculture. Yes, these are exciting times. We sincerely thank you for your important part of making this happen. Have a good week!

Tina

Recipes

Roasted Asparagus Four Ways

In a shallow baking pan, toss together asparagus, 2 tbl. dry white wine, salt and pepper to taste, and 3 tbl. olive oil until the asparagus spears are evenly coated.

Roast the asparagus until the spears are browned in spots and are just tender-crisp, about 10 minutes. Do not overcook.

Transfer the asparagus to a platter and drizzle with the lemon juice to taste. Serve at once or try any of the following variations.

Roasted Asparagus with Shaved Parmesan:

Drizzle the hot roasted asparagus with lemon juice as directed, then shave your favorite cheese over asparagus.

Roasted Asparagus with Pesto:

Omit the lemon juice. Toss the hot roasted asparagus with 1-2 tbl. pesto.

Roasted Asparagus with Hollandaise:

Drizzle the hot roasted asparagus with lemon juice then serve it with hollandaise sauce.

Asparagus alla Milanese

(This is a great quick meal for the summer when it is too hot to cook. Can substitute with any kind of greens or vegetables)

3-4 tbl. Olive oil
1 lb. asparagus
1 clove green garlic, sliced
1 tbl. White wine
Salt and pepper

Heat 2 tbl. olive oil, add asparagus, and sauté 1 minute. Add garlic, cook another minute. Add wine, stirring to release bits sticking to bottom of pan. Add salt and pepper. Keep heat low while you fry the eggs sunny side up in more olive oil in a nonstick pan. Divide asparagus onto 6 warmed plates. Top each with one egg, a drizzle of olive oil, some Parmesan, and freshly ground black pepper.

Radish and Feta Salad

4c. thinly sliced radishes
1/2lb. crumbled feta cheese
Sliced black olives
Chopped garlic chives
Lemon vinaigrette

Combine radishes, feta cheese, olives, and chopped chives. Dress with a lemony vinaigrette, and marinate for at least 30 minutes.

Tostada with Garlic Chives

1 tsp. butter
1 tsp. olive oil
4 tsp. garlic chives
10oz. mushrooms, sliced
4 8" flour tostadas (flour tortillas, deep fried to crisp)
2c. shredded mixed greens
1 can red kidney beans, drained
1/3c. black olives, sliced
1c. Jack cheese, grated

Melt butter in olive oil. Add chopped garlic chives and mushrooms. Sauté until mushrooms soften, but do not let them brown. Place tostadas on 4 plates. Add shredded lettuce to each tostada, covering all but the outer edge of the tortilla.

Spoon on the kidney beans followed by sautéed mushrooms, cheese and olives. Garnish with garlic chives. Note: Add meat if you so choose.

Radical Radish Ideas

~Stir-fry sliced radishes of any kind with fresh pea shoots, garlic, and ginger.
~Trim fresh radishes, leaving about 2" of the stem to use as "handles." Serve them with a tiny bowl of coarse sea salt mixed with chopped fresh chives. Dip and eat.

Radical Radish Ideas (continued)

- ~ Add chopped radish greens to stir-fries.
- ~ Sauté quartered radishes with orange zest and minced gingerroot.
- ~ Use them as crackers and top with herbed cream cheese or smoked fish.
- ~ Add chopped radishes to potato salad for a peppery crunch.
- ~ Add thin sliced radishes to a sandwich for crunch!

Fresh Greens Mandarin Salad

- 8c. torn leaf lettuce
- 1 can drained mandarin oranges
- 1/2c. crumbled feta cheese
- 1/4 c. chopped sweet yellow pepper
- 1/4c. chopped sweet red pepper
- 5 tbl. Olive oil
- 2 tbl honey
- 4 1/2tsp. cider vinegar
- 2 tsp Dijon mustard
- 1/8 tsp. salt
- 2 tbl. finely chopped red onion
- 1/3c. sliced almonds, toasted

In a salad bowl, combine the lettuce, oranges, cheese and peppers. In a small bowl, whisk the oil, honey, vinegar, mustard, and salt. Stir in onion. Pour over salad and toss to coat. Sprinkle with almonds.

Grilled Lamb with Garlic Chives and Mustard

- 4 lamb chops
- 1/3c. seedy Dijon mustard
- 4 tsp. garlic chives, minced
- 1/2c. white wine
- 2 tbl. Cream

Brush all sides of lamb chops with mustard. Press garlic chives into the mustard. Heat a large nonstick frying pan. When pan is hot add chops.

Cook about 5 minutes on each side-lamb will still be pink when done. Remove chops from pan, set aside and keep warm.

Remove the pan from the heat while adding the wine to deglaze the pan. Return to a medium-high heat and stir well to loosen any browning. Cook for 2-3 minutes, lower heat and add cream. Cook for 1 minute more.

Place chops on serving plates and spoon sauce over them Garnish with garlic chives. Serve immediately.