



Down on the Farm Notes: May 26th & 28th, 2009

Hi everyone!

Every year I say I am going to actually watch for that moment when the leaves appear on the trees, but every year I miss it. It seems like over night the leaves burst open and there is instant green. The leaves are all out now, filling everything in so that you cannot see through them anymore. The alfalfa is growing taller. The pastures that have received water are a lush green now. The tiny crooked rows of seedlings are now becoming rows of bushy leaves and good things to eat. It all happens so fast. But it needs to because we want good things to eat, now!

What is in the box this week?

- *Lettuce
- *A little spinach (we are hoping that all of a sudden we will have spinach from everyone.... kind of like what happened with the radishes!!!)
- *A bag of mixed greens (chard, beet greens and maybe some kale)
- *Radicchio (the pretty red and green thing)
- *Lemon Balm
- *Carrots (Thursday only)
- *Basil Plant

We are so excited about the basil plants. They were grown just for you by Anna and Curtis at NanaDew farms. They are young, healthy plants that will do well for you. They can stay inside, but it would be best to plant them outside. They like sun and, even if you don't think you have room, just put the plant next to one of your flowers in your yard. The only trick to this is that if we have one more frost, you need to try to throw a towel or something over it to protect it. Basil is extremely tender and won't take a frost. Continue pinching leaves from plant throughout summer. That way it encourages new growth and you should have fresh basil all summer. Enjoy, enjoy, enjoy!!

The radicchio is a new experiment. It is good in a fresh salad or use it in your mixed greens if you want to braise or sauté. Great in a little olive oil and fresh garlic. Sauté lightly and serve warm. This week you get Lemon Balm. Remember your very first week how you were suppose to get it, but ended up with tarragon instead? Well, (I am pretty sure) you have lemon balm. Great fresh in salads, in cream sauces for

pasta, great in iced tea and very good used with fish. Enjoy!

I have given you a recipe for lettuce and other greens that was shared by one of our customers. Please feel free to share recipes and ideas. We love to hear your ideas and I love getting recipes that I know are tried and true!!! Send them to the Great Basin Basket email.

Rick is hoping for his squash to be ready towards the 3rd week of June, and he is very excited about his tomatoes. His Sun Gold cherry tomatoes already have tomatoes on them. We all hope they grow fast and have some ready about the same time the squash is ready. Can't wait!

Some of you want to buy chickens this summer to be able to get fresh eggs. It doesn't take very many chickens to supply you with a nice basket of eggs. If you were thinking about tackling this adventure this summer, now is the time to purchase your baby chicks. All the feed stores are carrying them now. Some have a few day-old chicks, and (if you are lucky) you can find some that are maybe a few weeks old and not so "delicate." They need a heat lamp at the beginning, a large box to keep them for the first couple of weeks, fresh water and some chick starter. Your local

feed store can tell you what you need to do and what to purchase.



Did You Know?

(taken from an article in *Cooking Light* magazine)

~Shopping from the outer edge of the store is the easiest step to increase the nutrient quotient of what you eat. That's because the perimeter of the supermarket features whole foods-produce; meats, poultry, and fish; and dairy products- that are healthful. Fresh fruits and vegetables, typically in store perimeter areas, are among the best nutritional bargains you can choose.

(taken from an article in *Edible Portland*)

~A quote taken from a Russian immigrant participating in Mercy Corps Northwest, an organization that offers land for immigrants to farm to bring income for their families.

"I like work in farm. It is sun. It is air. It is good work. I want more land."

~ A quote from Franklin Roosevelt:

"The nature that destroys its soil destroys itself."



Hope you had a great 3 day weekend. It won't be long now until the farmers' markets will be starting up. In fact, Fallon will have its first market this coming Saturday. The Slanted Porch restaurant will be hosting a market on Saturday mornings beginning at 9:00 to 1:00. This will be different from the other Tuesday market. Saturday will be an all-growers market!! So if you want to take a drive this summer, head out to Fallon for the market and enjoy lunch at the Slanted Porch! Have a good week.

Tina

Recipes

Mixed Greens Salad (this salad serves 12 people)

3/4c. olive oil
1/4c. sugar
4 cloves fresh garlic, crushed
2 tbl. brown sugar
1/4c. rice vinegar
1/4c. soy sauce
Dash cayenne
Mixed greens, spinach, sliced apple or strawberries, sliced red onion, sprouts, etc.
enough for 12.

Honey French Dressing

1/2 tsp. paprika
1/2 tsp. dry mustard
1/4c. honey
1/2c. olive oil
2 tbl. fresh lemon juice
1/4c. rice wine vinegar
2 small cloves of garlic, peeled and sliced

Combine dry seasonings in pint jar. Add lemon juice and vinegar. Cover and shake well. Add remaining ingredients and shake again.

Green Garlic Pesto

1 1/2c. green garlic, white parts and tops
About 1/2c. olive oil
Salt and pepper to taste

Puree all ingredients until smooth in a blender adding enough oil to create a good spreading consistency. Add favorite nuts, cheese or other ingredients you would like to add to mixture.

Use on bread, pizza, baked potatoes, fish, or chicken.

A Recipe Shared by one of our
Customers

Cut lettuce (or other greens) into ribbons. Stew them with diced green garlic and hot red pepper flakes in chicken broth. Serve with pasta and fresh parmesan. She says the greens make a spicy scent—a little like mustard greens.

Thank you, Mary Toleno, for sharing a great idea.

A Master Recipe for Sautéed Tender
Greens

3 tb. Olive oil
2 medium cloves garlic, minced
1-2 bunches of greens (chard, beets, kale, spinach, turnips, etc.) I like to cut my greens into strips.

Heat the oil and garlic in a deep pot over medium heat until garlic turns slightly golden (do not allow to burn).

Add the wet greens, cover and cook until wilted (2-3 minutes). Uncover and season with salt and pepper to taste.

Cook until liquid evaporates, about 2-3 more minutes. Serve immediately with a lemon wedge.