



Down on the Farm Notes: May 5th & 7th, 2009

Hi everyone!

Well, our beautiful weather disappeared this week, but it sounds like it will be back with us just in time for Mother's Day. We will hope for nice weather to enjoy playing outside or helping Mom in the yard. Yay!!!

Our cool spring weather kind of put a little damper on our greens this week. The cold kept their little heads from reaching up to the sun. In fact, our cool spring has kept everything held back. The first couple of weeks are pretty light, but by the middle of May things will be in abundance. It is so difficult to have patience when we are so hungry and ready for some fresh veggies!

What is in the box this week.

(Pretty much the same thing as last week)

*Lettuce

*"Beefy" spinach (next week baby spinach)

*Green Garlic

*Arugula

*Fresh thyme or oregano

*Small bunch of radishes (maybe Tuesday only)

*Asparagus (maybe Tuesday only....aren't these yummy!!)

*Oyster mushrooms (maybe just Thursday)

As you noticed, our lemon balm last week looked a lot like tarragon. Sorry for the mix up. This may happen throughout the season, so we will call it the "mystery vegetable" You also need to understand that sometimes we don't have enough product for everyone at once. Just like this week—the mushrooms aren't quite ready for Tuesday, but will be ready for Thursday. So next Tuesday's boxes will then receive the mushrooms. This year we had such an incredible response to the spring basket that we had to have 2 delivery days rather than just one. Thank you, all of you!! Our goal is for everyone to eventually get a share of all the yummy things we have growing for you. Thanks for understanding.

This week I want to introduce you to one of our new farmers—Curtis and Anna Bateman from NanaDew Herb Farm. Their farm is located out in the Sheckler district of Fallon. This part of Fallon is a large area of alfalfa farms growing hay for the local dairies. There are also many little ranchettes with chickens, cattle, horses and goats.

The Batemans began farming their 10 acres of certified organic land just last year. They grow a beautiful variety of herb starts and vegetable starts, many of the greens that you will have in your baskets this year along with a new venture of strawberries. Don't we all hope the strawberries are successful!!

Some of you may have seen their greens at the local Great Basin Co-Op in Reno. This year you will also find the Batemans at the Carson City Saturday Farmers market and the Wednesday evening market at Somerset in Reno. They have been supplying fresh greens for the Slanted Porch in Fallon for the past year.

Their farm is truly a "family farm." Anna has her brother helping along with a niece and 3 of their own grown children. (And a few little wee ones to boot!) Curtis can build anything. When you step onto their farm, you immediately understand this when you see their 5 brand new hoop houses. He is also responsible for setting up the "detailed" irrigation system. Anna has the green thumb and you can see this when you walk into one of the hoop houses that are full of thousands of beautiful, hardy tomato starts. We are excited to have this young, energetic family join us in the basket program this year. To learn more you can go to their website: www.nanadewherbfarm.com

The other farms are stepping up their busy work. Rick just planted zucchini, green beans, and sweet corn hoping for an earlier harvest for the basket. His tomatoes are blooming. Scott's strawberries are growing. The zigzagged rows of greens are filling in and are beginning to grow. Good things to eat are on their way. I can't wait!

Notes from Pauline.

If you are reading this on the website but didn't receive a newsletter via email this week, it is because we do not have the correct email information for you. You can email us from the "Down on the Farm" page to update your address.

Also, we would appreciate it very much if you could please pick up at the Great Basin Co-Op on time. The pick-up time is 3:00p to 6:30p. The Co-Op cannot hold baskets overnight because they do not have the space. Thank you for giving attention to this little matter. If you cannot pick up, let Pauline know at 843-6402.

I want to add another part to our newsletter this year. I am going to add a little "Did You Know." I had the opportunity to read a lot of small farm magazines this past winter and found some interesting articles. Some are interesting and some are just little tidbits of information or little "bites" of "food for thought." Read on...

Did You Know.

(Taken from *Edible Portland* magazine)
 In WWI and WWII, victory gardens were planted to replenish food resources sent overseas for the war effort. In 1943, 20 million gardeners produced 8 million tons of food. Currently in San Francisco, victory gardens are building on the historical model. Its idea is to use it to resolve environmental problems, creating an urban habitat. They now have edible ornamental landscape at San Francisco City Hall.

Did You Know.

(Taken from *Acre* magazine)
 Just 100 years ago, 90% of the world's population worked outdoors, but now 90% work inside. Full spectrum lighting is an improvement, but why not go outside and plant a garden!

And with that I want to wish some of you Happy Mother's Day. You will find a special surprise coming in your baskets later in May, but I will give you a hint now. It is something to plant and goes well with tomatoes. And speaking of tomatoes, why not this year try planting just a couple. They can go next to your flowers or in pots on your patio. Give it a try!! Have a good week!!

Tina

Recipes

Peanut Dressing

3tbl. water
 2 tbl. rice wine vinegar
 1 tbl chopped green onions or garlic greens
 1tbl. peanut butter
 1 tbl. soy sauce
 1 tsp. grated peeled fresh ginger
 1 tsp. hot chili sauce
 1 tsp. sesame oil
 2 tsp. dry roasted peanuts.

To prepare dressing, combine the first 8 ingredients in a blender; cover and process until smooth. Add peanuts; process 10 seconds.

Creamy Lemon Dressing

2 lemons, peel shredded then squeezed
 2-3 cloves garlic, minced
 2 tsp. Dijon mustard
 1/2c. olive oil
 1/2c. sour cream

Combine all ingredients.

Savory Italian Asparagus

1 lb. fresh asparagus
1 medium tomato, seeded and chopped
2 tbl. chopped garlic greens
1/8 tsp. or a pinch of fresh Oregano or Thyme
1/8 tsp. pepper
2 tsp. freshly grated Parmesan cheese

Cook asparagus just until tender. (leave a little crisp) Combine tomato and next 4 ingredients . in a small bowl; stir well. Spoon tomato mixture over asparagus; sprinkle with cheese.

Chicken and Strawberry Salad

Dressing:

1 tbl. sugar
2 tbl. red wine vinegar
1 tbl. water
1/8 tsp. salt and pepper
2 tbl. olive oil

Salad:

4c. lettuce greens
1 bunch arugula
2c. quartered strawberries
1/3c. vertically sliced red onion
12 ounces of cooked chicken, sliced
2 tbl. cashews, halved
1/2c. crumbled blue cheese

Grilled Pizza with Asparagus and Caramelized Onion

1 tbl. olive oil, divided
2c. thinly sliced onion
2c. thinly sliced mushrooms
2c. slices asparagus
1 tbl. sliced ready to use sun-dried tomatoes
1/8tsp. salt
1 portion fresh pizza dough
3/4c. shredded fontina cheese
1 1/2 tsp. fresh oregano or thyme leaves

Prepare grill to medium high heat. Heat 2 tsp. oil in skillet. Add onion to pan; sauté for 5 minutes. Add mushrooms and cook for a few more minutes. Reduce heat to medium low; cook until lightly browned. Add asparagus to pan; cook until asparagus is crisp-tender. Stir in tomatoes and salt.

Roll dough into a 12" circle on a lightly floured surface; brush each side of dough with 1/2 tsp. remaining oil. Place dough on a grill rack; grill 1 1/2 minutes or until crust bubbles and is well marked. Reduce grill heat to low; turn dough over. Arrange onion mixture over crust; sprinkle evenly with cheese.

Cover and grill over low heat 3 1/2 minutes or until cheese melts; remove pizza from grill. Sprinkle with oregano or thyme and some freshly ground black pepper.

Chicken Breasts with Mushroom Sauce

6 skinless, boneless chicken breast halves
3 tbl. butter, divided
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
4–8 oz. of oyster mushrooms, sliced
2c. chicken broth
1/4c. whipping cream
4 1/2c. hot cooked noodles

Sprinkle chicken evenly with salt and pepper. Heat 2 tsp. butter and brown chicken.

Melt remaining 1 tbl. butter in pan over medium heat. Add mushrooms to pan; sauté 5 minutes or until moisture evaporates, stirring frequently. Remove mushroom mixture from pan.

Add broth to pan; bring to a boil, scraping pan to loosen browned bits. Cook until reduced to 1c. Return mushroom mixture to pan. Stir in cream; cook 2 minutes or until slightly thick, stirring occasionally.

Place noodles on plate and top with chicken pieces. Top this with the mushrooms.

Greek Shrimp and Asparagus Risotto

3c. chicken broth
1c. water
2 tsp. olive oil
2 3/4c. chopped onion
1c. Arborio rice
2 garlic cloves, minced
1 3/4c. sliced asparagus
1lb. deveined shrimp, cut into 1" pieces
1/2c. crumbled feta cheese
1 tbl. chopped fresh dill
2 tbl. fresh lemon juice
1/4tsp. salt
1/8tsp. black pepper

Bring broth and 1c. water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.

Heat oil in a large saucepan over medium-high heat. Add onion to pan; sauté 5 minutes or until tender. Stir in rice and garlic; sauté 1 minute. Add broth mixture, 1/2c. at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total).

Stir in asparagus and shrimp; cook 5 min. or until shrimp are done, stirring constantly.

Remove from heat; stir in cheese and remaining ingredients.