



Down on the Farm Notes: June 16th & 18th, 2009

Hi everyone,

Hope you are enjoying your week and have successfully made it through all of the graduations and parties. Now summer is officially here! Roses are in full bloom and all of the farmers markets are under way.

One of the great advantages of being so close to California is that we can enjoy all of the fresh fruit that they have to offer. And I guess this year with the cool winter, the fruit set has been great and fruit is going to be plentiful. Take time to visit a farmers market close to you. Strawberry shortcake, raspberry cobbler, grilled peaches--Mmmmm, summer!!

Get to know a farmer and take the opportunity to order whole cases of fruit and berries for canning and making jam. Don't put it off until "later this summer." Do a little at a time and you won't be sorry come winter. It isn't as convenient as going to the store and just pulling a jar off the shelf, but homemade jam has so much more flavor. It is a little work now, but I promise you, you won't remember any of the hard work later this winter.

What is in the box this week?

*** Fresh dug, new, baby red, white, and bluepotatoes!!! YAY!***

- *Spinach
- *Lettuce
- *Chard/mixed greens
- *Fresh Carrots (baby)
- *Garlic
- *Turnips
- *Arugula
- *Rosemary
- *Baby Zucchini (Tues. only)

You may be saying there aren't very many carrots, but what you are getting are what we call "carrot nibbling." They are what we thin, and this is a real treat. No, they are not big, but they are tasty, so enjoy. Bigger carrots are coming later.

Turnips! You either love them or hate them--kind of like arugula--but these are young and tender. My favorite way to use them is to cut the greens and the turnip into thin slices and sauté in olive oil. Add oil and vinegar. The greens can be combined with your Swiss chard and the turnips are also great raw in salads.

Enjoy the new potatoes. This is one of my favorite things in the garden. And this week, it worked out to also have fresh rosemary for you. We love rosemary/garlic roasted potatoes. Mmmm!! Red, white, and blue potato salad is good, too! Enjoy!

The zucchini slowed down because of the cool weather. They are tiny zucchini, so enjoy them because you won't get to have them this small probably ever again. We all know how prolific and fast they grow!

Tomatoes are setting and growing. Rick has some nice-sized cherry tomatoes right now. The cucumbers will hopefully be ready in a couple of weeks. For you Carson/Gardnerville folks, check out the farmers market this coming Saturday in Carson City. Location: 3rd St. and Curry/ parking lot from 9:00 to 1:00. NanaDew Farms will be there with a great variety of herb plants. Try to pick up a few to plant. Herb plants are hardy and don't take any fuss at all.

Have you noticed all of the beautiful baskets hanging everywhere? They have become very popular. They can create such a beautiful look even if you don't have a yard. Most nurseries have a section of plants specifically grown for baskets. They are making it super easy for you to create your own basket or hanging pot or

you can choose one that is already done for you. We know some people who are trying the upside down tomatoes. It will be interesting to hear and see the results. Sounds like a great idea.

Thanks to Paul for an idea on how to get rid of ants. He suggests cornstarch or polenta. The ants take the corn back to their holes to eat it. This gives the ants a terrible tummy ache which kills them. He suggests at least a 48 hour dry period. If the corn gets wet, it will swell before being ingested and will fail to work. Ants can be pretty hard on seedlings and it is nice to have a way to cure the problem of ants without the use of insecticides. Thanks Paul! We appreciate the help.

Did You Know?

Our area has many new small farms growing and because they are small, you may not see them at many of the local markets. But hats off to the Great Basin Co-Op! They are carrying products from many of these growers. It may be items you cannot find from other growers such as fresh strawberries or even Napa Cabbage. Check out the Co-Op this summer to see the variety of seasonal produce they have to offer.

Did you know that Reno now has an active Slow Food chapter?

Go to www.slowfoodreno.com

A great spot to hit on the computer is Local Food Northern Nevada. It is a local blog all about the local availability of fresh food and also food activities happening in the Reno area. lfnn.blogspot.com

Good Food Reads:

The Art of Simple Food: Notes, Lessons and Recipes from a Delicious Revolution, Alice Waters

In Defense of Food: An Eater's Manifesto, Michael Pollan

The Omnivore's Dilemma: A Natural History of Four Meals, Michael Pollan

Nourishing Traditions, Sally Fallon

One last thought: "There is more to life than increasing its speed." Mohandas Gandhi

I have included a recipe this week for a Dutch Baby (something like a big pancake). I love to cook these up when fresh fruit arrives. It is a quick meal.

Enjoy friends, family, cooking, camping, and most of all, eating and visiting around the table.

Have a good week.

Tina

Recipes

Dutch Baby

1/2c. flour

1/4c. sugar

2 eggs

1/2c. milk

1/8tsp. salt

Whisk all ingredients together. Place 3-4 tbl. butter in a cast iron skillet. Melt over heat on top of stove. Once melted, add batter to pan and then place in oven and bake at 375- for 8-10 minutes until Dutch Baby is done.

Serve with fresh fruit, a fruit syrup, and/or whipping cream. Great for a quick and light summer dinner.

Citrus Chicken Panini

1/2c. mayonnaise
1 clove garlic, minced
1 tsp. each of orange and lemon zest
1 loaf ciabatta bread, halved lengthwise
6 slices mozzarella cheese
1/2lb. thinly sliced chicken breast
1-2c. arugula
1 tomato, thinly sliced
1 tbl. olive oil

In a small bowl, combine mayonnaise, garlic, and zests. Spread mixture evenly over cut sides of bread. Layer cheese, chicken, arugula, and tomato evenly over bottom half of bread. Cover with top half of bread. Brush a cast iron griddle with olive oil. Grill sandwich until cheese is melted.

Potato Salad with Herbs and Grilled Summer Squash

Salad:

2 lbs. new potatoes
squash cut lengthwise or in half
salt and pepper to taste

Cook potatoes until tender. Cut potatoes into quarter, and place in bowl. Set aside.

(recipe continued)

Lightly coat squash with olive oil and salt and pepper. Grill on each side until browned and tender; add to potatoes.

Dressing:

1/3c. chives
3 tbl. parsley
2 tbl. chopped fresh basil
1 tbl. tarragon
1/4tsp. grated lemon rind
3 tbl. fresh lemon juice
2 tbl. water
2 tbl. olive oil
salt and pepper to taste

Prepare dressing; stir with a whisk. Pour dressing over potato mixture, tossing gently to combine. Serve salad warm or chilled.

(Hint: Use whatever fresh herbs you have. If you do not have a little patch of herbs out your back door, you need to go to the Carson City Farmers Market next Saturday and pick up some herb plants from NanaDew Farms. Live in Reno? Go to any place selling bedding plants and grab a few plants.)

Roasted Rosemary Shrimp with Arugula and White Bean Salad

Shrimp:

2 tbl. olive oil
1 tbl fresh lemon juice
2 tsp. minced fresh rosemary
1/2 tsp. salt 1/4 tsp. pepper
3 cloves garlic, crushed
1 1/2 lbs. jumbo shrimp, peeled and
deveined

Salad:

2 tbl fresh lemon juice
1 tbl olive oil
1/2 tsp. minced fresh garlic
salt and pepper to taste
2c. arugula leaves
2c. lettuce greens
1/2c. sliced red onion
1 (15oz) can cannellini beans, rinsed and
drained

Preheat oven to 400. To prepare shrimp,
combine first 6 ingredients in a medium
bowl; stir with a whisk. Add shrimp to bowl;
toss well. Cover and refrigerate 10
minutes.

Arrange shrimp on a jelly-roll pan. Bake at
400 for 10 minutes or until shrimp are
done.

(recipe continued)

To prepare salad, combine 2 tbl. juice and
next 4 ingredients in a large bowl; stir with a
whisk. Add arugula, onion, and beans to
bowl; toss well. Divide salad and shrimp
evenly among 4 plates.

Arugula Salad with Chicken and Apricots

2 chicken breast halves
1 tbl. minced fresh parsley
2 tsp. fresh tarragon
1/4tsp. salt and pepper each
3 tbl. olive oil
4 tsp. white wine vinegar
2c. arugula; 4-5c. salad greens
3 apricots, thinly sliced
1/3c. red onion sliced thin

Pound each piece of chicken into a piece
1/2" thick. Sprinkle chicken with herbs
and salt and pepper. Place chicken on grill.
Grill until done.

Meanwhile, combine oil, vinegar and salt
and pepper. Whisk together. Combine
arugula, greens, apricots, and onion in a
large bowl. Pour vinaigrette over greens;
toss well. Place greens on individual plates.
Place the chicken that has been thinly
sliced on top and serve.