



Down on the Farm Notes: June 23rd & 25th, 2009

Hi everyone,

Well, how was your 1st week of summer? We had our first warm night and the moths were out along with the mosquitoes. But boy—are things growing with a little bit of sunshine. The zucchini have exploded. Rick has picked a few cucumbers, so we hope in a couple of weeks we will have enough for everyone. Rick is also pretty excited about his tomatoes. He planted 5 hoop houses of early tomatoes this year, trying to get enough early tomatoes for everyone. We are responding to your wish for more tomatoes in the basket. He picked 7 Sun gold cherry tomatoes a couple of days ago. Wish we could have multiplied them by a couple thousand and shared them, but the summer basket will get to enjoy them soon. This year will be his earliest harvest for tomatoes. Let's keep our fingers crossed that nothing will come along now to slow them down.

Hope you enjoyed your potatoes. Last week was a full box. This week may be a bit slimmer. The heat is going to play havoc on the lettuce and spinach now. We will wait and see. Can you believe that the spring box is almost finished? We only

have 2 weeks left. July 2nd is our last delivery day.

If you could do us a favor, please check around in the laundry room and the garage for any Nevada Grown boxes sitting around and bring them to your next pick up. We need to gather them up to insure of having enough for the summer box. That way we don't have to spend the money on purchasing more boxes. Thank you!

What is in the box this week?

- *Lettuce/greens
- *Basil
- *Zucchini
- *A small handful of peas
- *Cabbage (Tuesday this week, Thursday next week)

This week, Thursday will receive daylilies. We have a new grower that is interested in growing edible flowers. I don't do much cooking with flowers so I have been reading up on it. You may have eaten daylilies and not have been aware of it. Dried daylily petals are an ingredient in

Chinese hot and sour soup. You can add them to your soup along with all of the other ingredients. You can simmer them until the moisture has gone and then add butter before serving, or you can add to a stir fry or to your salad to add color. This will be an adventure for me, too!!

We have some cabbage ready but not enough for everyone and some of the cabbages are big. So this is the reason some of you will receive a cabbage that has been cut in half.



Did You Know?

~Fedco seed company located back East exceeded their seed sales this year by 29% and nearly 60% from 2 years ago. People are definitely doing more gardening. At this time of economic slump, they are growing and having to hire more workers. Isn't that great!!!!

*For all of our back yard farmers, Fedco seed catalog is a great source for organic or responsibly grown seed. It is a great catalog to read with lots of great information. I highly suggest you sign up for it for next year. Check it out at www.fedcoseeds.com

~Fruits and vegetables are less nutritious than 50 years ago. The noticeable drop offs- protein, calcium, phosphorus, iron, riboflavin and vitamin C. One reason for decline is the trend toward fast-growing and large yielding crops.

~If you are a back yard gardener (farmer!!), I highly suggest you sign up for the *Mother Earth News* newsletter. This week they have great information on pest management. They have given you a site to actually go to that can help identify your bugs and they also give you organic solutions on how to control them.

~Look for other gardening questions and answers by visiting intheloop.groworganic.com



Have a good week.

Tina

Recipes

Oriental Daylily Rice

1 to 2 c. daylily buds and/or flowers
1 tbl. peanut oil
1/4c. almond sliver
1 tsp. freshly grated ginger
1 tbl. rice wine vinegar
1 tbl. tamari or soy sauce
1 tbl. water
2c. cooked brown rice

Steam daylily buds for 10-15 minutes, until tender. In a wok or heavy skillet, heat the oil over a high heat until very hot. Add the almond slivers, sauté until browned.

Quickly remove the almonds from the pan, set aside. Turn heat down to medium. Add grated ginger and let it cook for 1-2 minutes. Add vinegar, tamari and water. Stir to mix. Toss in daylily buds.

Serve over hot rice, topped with sautéed almonds.

Cabbage Salad with Thai-Style Fresh Herb Dressing

4-6c. shredded cabbage
1/2c. sliced green onions

(Recipe continued)

Dressing:

2 tsp. minced garlic,
1 hot chili, seeded and minced
3 tbl. rice vinegar
1 tbl. soy sauce
1 tbl. tahini, peanut butter or cashew butter
2 tbl olive oil
2 tbl. dark sesame oil
2 tbl. chopped basil (or cilantro, mint)

Combine dressing ingredients in a small bowl. Toss as much dressing as you like with cabbage. Serve immediately or chill for ½ hour.

Strawberry Salad

1/2c. chopped nuts
4c. salad greens
2c. sliced strawberries
2 oz. Parmesan cheese, shaved and crumbled
Salt and pepper to taste
2 tbl. Balsamic vinegar
1 tbl. olive oil

Toast nuts. Toss all of the other ingredients together and serve.