



Down on the Farm Notes: June 2nd & 4th, 2009

Hi everyone!

So how do you like the weather we have been having? I am absolutely loving it. The afternoon skies with boiling clouds and all the colors of blue have been so beautiful. The cooler afternoons have given everyone a chance to catch up on the irrigating. It has been so warm that it's been difficult keeping new transplants wet and happy.

What is in the box this week?

- *Spinach
- *Lettuce
- *Arugula (maybe just Tues. this week)
- *A bag of mixed greens (chard, kale, beet greens)
- *Radishes
- *Sugar Snap Peas (just Thurs. this week. Tues. next week. The peas are just beginning)
- *A bag of fresh young dill and green onions
- *Fresh Sage

Add your snap peas to anything and everything: salads, stir fry, or just eat from the bag the day you pick up your box!!!!

I love fresh dill fern in potato salad. I gave you a recipe for Green Chile Mayo for barbequed hamburgers. This warm weather gets you in the mood for barbequed hamburgers, potato salad, watermelon and finish off with strawberry shortcake. Doesn't that sound good?

Fresh sage is great sautéed in olive oil or butter and used in pasta or with any kind of meat. Remember to dry it for later use if you cannot use it now.

I have some good news to announce from NanaDew Farms. They just picked up their first shipment of brand new baby chicks--100 of them!! They are hoping for their first eggs this fall. Let's all hope so because currently we don't have a source for fresh eggs that can supply any large number of people. For right now, though, I encourage you to go the Great Basin Co-Op and pick up fresh eggs.

One year I had an older lady call me from the Reno Post office to inform me that my shipment of chicks was in. She had been there for awhile, so she had seen chicks come through the post office before

because at one time was a common occurrence. Anyway, she got me on the phone and told me “I have something for you” and then took the phone to where the chicks were. 100 chicks can make a lot of noise! It is always fun to go pick up chicks. Walking into a feed store is fun too, hearing them chirping toward the back of the room. You can hear them scratching around too before you can even see them sometimes.

We just had a baby gosling hatch last night. Out of probably 3-4 eggs, only one has hatched so far. We have such funny geese—we have 3 females that take turns setting on the nest, so that one gosling was the result of a combined effort. It has been the darndest thing to watch, and that gosling is so soft and so cute!



Did You Know?
(Helpful Hints from June/July *Mother Earth News* magazine)

~Use sheer curtain fabric for making reusable cloth fruit and vegetable bags. The bags need to be transparent so the cashier can read the produce label, and washable and sturdy enough for multiple uses.

~To kill flies: fill a white container (she used a Frisbee) to the brim with water and add a few squirts of Joy lemon dish soap. Add the soap until the water starts to have a tinge of yellow color. Set the container where the flies are. Next day empty all the flies and repeat.

~Sunburn remedy: It is that time of year...after bathing, apply cider vinegar liberally to all the affected areas.

~According to this article in the magazine, you can use scattered pine needles around your plants to discourage slugs. And if you have problems with chipmunks, squirrels, and other varmints digging up your pots, they say to cover the top of the pots with a layer of aluminum foil and punch holes for drainage. The article also says the reflecting light from the foil helps your plants that may be short of sunlight.



So now I have a question for you: How do you get rid of the little black sugar ants? We dig up the hill of larger ants and put a glass jar into the hole, deep enough to be flush to the ground. The ants crawl in but can't crawl out, and we keep emptying it until no more ants are crawling around. If anyone knows how to deal with these pesky little black ants, we would love to

hear from you. Drop us an email at jsbeef@earthlink.net

To those of you who are involved with graduation this week, I hope you have a special time and enjoy family and friends while attending all of the graduation parties. Stay safe!

Oh, guess what? Rick has little tiny baby zucchinis on his zucchini plants and baby melons set on his cantaloupe plants. I don't know about you, but I am ready for fresh zucchini and....zucchini cake, so I picked up all the ingredients today at the store. Can't wait!! Happy cooking and hope you have a good week.

Tina

Recipes

Green Chile Mayo

In a food processor, combine 1c. mayonnaise, 1 garlic clove, minced, 1 poblano chili, roasted, peeled, and seeded, and 1 tbl. fresh lime juice.

Blend until smooth. Season with salt and ground pepper.

Chopped Chicken Salad

Toss ¼ loaf Italian bread, torn into pieces, with a drizzle of olive oil; season with salt and pepper. Bake at 350 until croutons are crisp.

Season 1 lb. chicken cutlets with salt and pepper and garlic. Heat 1 tbl. olive oil in skillet; sauté chicken with a little finely chopped fresh sage in batches until cooked through. Cut into pieces.

Whisk 1/4c. olive oil with 3 tbl. fresh lemon juice; season with salt and pepper. Toss with a bunch mixed greens, zucchini, red pepper, fresh dill and chopped scallions, the chicken, and croutons.

Cucumber-dill Salad

1 English cucumber, halved and thinly sliced

1/2c. thinly sliced green onions

2 tbl. fresh lemon juice

1 tbl. olive oil

¼ tsp. sugar

Salt and pepper to taste

2 tbl. fresh chopped dill

Combine all ingredients except for dill. Let stand 10 minutes then stir in dill.

Ham and Arugula Wraps

3 oz. of favorite cheese (such as goat cheese)
1 tsp. finely grated lemon zest
4 lavash bread wraps (tortillas will work)
1 lb. thinly sliced ham
1 bunch arugula (spinach is great too if you don't care for arugula)

In a small bowl, combine goat cheese (or other favorite), 1 tbl. oil, and lemon zest; season with salt and pepper. Spread wraps with cheese mixture, then top with ham and arugula. Roll up wraps. To store, wrap tightly in plastic or waxed paper and refrigerate, up to 1 day.

Scallion Couscous

Stir 1 c. couscous into $\frac{3}{4}$ c. boiling water. Cover and let steam (off heat) until tender, about 5 minutes.

Fluff with a fork and add 2 scallions, cut into matchsticks, 2 tbl. olive oil, and 1 tbl. fresh lime juice. Season with salt and pepper.

Pasta Salad with Goat Cheese and Arugula

$\frac{3}{4}$ lb. tiny spiral pasta (gemelli) or short pasta (cooked)
1 can cannellini beans, rinsed and drained
 $\frac{3}{4}$ c. crumbled fresh goat cheese (or feta or blue will do!!)
3 tbl. olive oil
2 tbl. red wine vinegar
2 tsp. Dijon mustard
1 small bunch arugula, torn
 $\frac{1}{2}$ c. finely chopped green onions

In a large bowl, toss pasta with beans and cheese. In a small bowl, whisk together oil, vinegar, and mustard and season with salt and pepper. To serve, toss pasta mixture with dressing, arugula, and onion.