



## Down on the Farm Notes: June 26, 2008

Hello everyone,

Well, can you believe we are on the last delivery of the spring basket? Where did the time go? And then, once the 4th of July comes, summer seems to go by so fast.

For this last week, you not only have sugar snap peas but also English peas. The English peas come from Cliff and Deborah Shirk of Sod Buster Farms in Reno. Sugar snaps can be eaten whole. The English peas are old fashioned shelling peas. These are best eaten raw after shelling, or if you want to be creative, sauté them in a little butter (in the shell), pull the string and zip them right into your mouth. They are better than popcorn. You also have more fresh onions, a small bunch of mixed greens (kale, mustard, mizuna, tatsoi) a very small and puny serving of the last of the lettuce, fresh mint, fresh rosemary (what a treat!), another tiny serving of the VERY FIRST zucchini of the season (just a taste...serve it with your tiny salad!!) and a special "end of the season" treat of fresh nectarines. We are so excited—last Saturday we met another fruit grower from Newcastle and he is currently in transition (he is growing organically but waiting the 3years it takes to become certified organic). Enjoy!

For those of you planning on sticking with us through the summer, thank you and all I can say is...the best is yet to come! For those of you who are leaving...thanks so much for your support this past 8 weeks. I know many of you are quitting because you are putting in your own gardens. Good for you! That makes me so excited...other fellow "hands in the dirt" kind of people!! Good luck with your growing. I have found some good recipes for later on, so keep checking out the recipe section if you care to. AND, this pertains to all of you. If any of you have recipes that you want to share, by all means email them to me. I love it when customers share. They are always good tried and true recipes!!

Just a reminder for everyone... YES we ARE offering fruit shares this year. We continue to find such neat little farms tucked away in the Auburn/Newcastle area. Email Pauline if you are interested. Also remember that we have fresh eggs available and fresh flower bouquets, so hats off to Carol Smith! Carol and Brenda of Smith and Smith Farms have been a unique mother/daughter team up until this spring. A new job took Brenda to Oregon, but not before she planted 1,000's

of beautiful transplants. Carol is working solo now to put these beautiful, long lasting bouquets together just for you, so if you want to enjoy some of Nevada's own fresh flower bouquets every week (they make great gifts throughout the summer), then let Pauline know. You can keep up with different offers throughout the summer by watching the website (especially around canning time). Also, I know that some of you are interested in canning together. Let's try it sometime in August when bounty is overflowing! Watch the website for details.

REMEMBER...this is the last spring delivery. This means that for some of you, your pick up date and location may change. Look for an email from Pauline. If you still have questions, email her. Remember, our summer schedule is different from the spring and fall. Thank you! Hopefully it will be a smooth transition!

Rick is happy to have water back in the ditch after the main ditch break a couple of weeks ago. He walked the tight rope last week, trying to water all of his vegetables with a little pump and with not very much water. His entire crew was scurrying trying to keep up. Rick actually has more water than we do.

We have been hitting it hard this week planting. This is finally the time I can plant warm weather vegetables. Anytime before this I would freeze. Isn't it crazy how different the temperatures are from valley

to valley? I love this time of the year...I feel like an artist with a fresh canvas. In my case, it is a 20 acre field broken down into 8 sections (checks). This year though, also due to a shortage of water, I am not able to plant very much, so it's not easy for me to decide what I am going to plant. It would be difficult to go back to a little backyard garden because over the past few years I have found so many varieties that I have come to love.

Looking down the fresh beds, all smooth and weedless and ready to plant, still makes me all excited and happy. The desire to grow and to plant runs deep in my blood. It runs deep in the past generations of my family, too. There is something to working with the soil, planting and having faith that it will come up but never ceasing to be in awe when the miracle happens again...the slight rise in the dirt, a crack, and then a little green shoot, popping up out of the soil, reaching for the sky. There is a thrill at this moment. All is right with the world and I feel closely connected to my family and the past generations. All the years I spent with my hands in the dirt, the smell of freshly irrigated soil, picking fresh vegetables by my grandmother's side, canning and freezing for the winter...this is part of me. This connection with family, along with the desire of growing things, is who I am. And now I have handed it down to my kids. Working together in the early morning hours and the late evenings creates a close bond. We become a family

farm working together, sharing all of the special moments together. Some day when they are tending to their own gardens, I hope they too will feel connected with the past generations and our love of growing. Ask any farmer, and they will tell you the same story.

Happy eating, happy growing, happy summer! Take care.

## Recipes

### Asian Style Sauté

2 tbl. sesame oil  
3-4 cloves garlic, chopped, or fresh baby onions  
1 tbl. vinegar  
2 tbl. tamari  
1 bunch coarsely chopped greens

Heat oil in skillet. Add garlic and sauté 2 minutes. Remove garlic and set aside. Sauté the greens until just wilted. Remove from heat, and stir in vinegar, tamari, pepper, and garlic. Serve immediately. Great side dish with rice.

### White Bean and Roasted Garlic Puree

1c. dried cannelloni or other dried white beans  
1 bay leaf  
fresh thyme or dried  
1 thick wedge of onion  
6 cloves garlic, crushed  
1 large sprig fresh rosemary  
2 tbl. olive oil

Rinse beans. Soak in cold water several hours. Drain. Place in a saucepan with enough water to cover the beans by 2 inches. Add bay leaf, thyme, and onion. Bring to boil, skim surface, reduce to simmer, cover, and cook until beans are very tender. Drain beans, reserving 1/2c. of the cooking liquid. Discard bay leaf and thyme.

Heat oven to 325 degrees. Combine garlic, rosemary, and olive oil in a small baking dish. Cover and bake until golden and tender. Cool the garlic slightly then puree in a food processor with the beans and enough reserved cooking liquid to make a smooth spread. Season to taste with salt and pepper. Serve with bread, roasted vegetables, or meats.

### Fresh Rosemary Biscuits

1 3/4c. flour  
4 tbl. cold butter, cut into small pieces  
1 scant tbl. baking powder  
2 tbl. minced fresh rosemary  
1/2 tsp. salt  
3/4c. milk

Whisk flour, baking powder, and salt in a bowl. Cut in butter until size of sunflower seeds. Sprinkle rosemary over flour mixture. Pour in milk and stir briefly, just until a sticky dough forms. Turn onto floured surface. Knead lightly and briefly, 4-6 turns. Roll or pat to a thickness of 1 inch. Cut into rounds with floured biscuit cutter. Gather dough scraps and cut again. Place on ungreased baking sheet. Bake until raised and golden, 11-13 minutes.

### Sautéed Sugar Snap Peas... with carrots and honey glaze

1/2 to 1 lb. sugar snap peas  
2 medium carrots  
2 tbl. butter  
1 tbl. honey

Remove strings from both edges of pea pods. Cut each carrot into thirds. Slice each third, lengthwise into quarters about the same size as the peas. Steam carrots until they are just crisp-tender, 3-5 minutes. Drain.

Melt the butter in skillet. Add the sugar snap peas. Cook, stirring frequently, for about 5 minutes. Add the carrots. Continue to cook and stir until peas are bright green and crisp-tender, about 3 minutes. Add the honey and cook for 1 more minute, stirring constantly, until the peas and carrots are thoroughly glazed with the honey. Remove, sprinkle with ground pepper to taste.