



Down on the Farm Notes: June 30th & July 2nd, 2009

Hi everyone,

Well, can you believe that this is the last spring basket? Where did the time go? We will be saying good-bye to a few of you, but most of you we will get to see again in a couple of weeks when the summer basket begins. Just to let you know, we still have room for sign-ups for the summer basket. Let your friends know!

Reminder: This is a reminder for everyone to make sure you look at the summer schedule for pick up. The locations and days change for some of you. Pauline should be sending an email to confirm what day and where you pick up, but make sure you make a note of it. Our first summer basket begins July 14th.

Also: Please remember to return all of your Nevada Grown boxes. Thanks so much for the help.

What is in the box this week?

- * Lettuce
- * Spinach
- * Oregano (great chopped fine and added to sautéed zucchini with olive oil)
- * Zucchini

- * Red onion
- * Beets
- * Daikon radish (Thurs. only...refer to recipes in the recipe section of our web site)
- * Cabbage (Thurs. only)
- * Daylily (Tues. only)

Good things are growing for the summer. We have 3 people growing green beans in hopes that we will have enough green beans to add to the basket this year. The cucumbers are beginning to come on. Some of Rick's tomatoes are already 6' tall in the hoop houses and loaded with blossoms and tomatoes. Looking down the hoop house, you see nothing but a sea of yellow flowers rolling on top of these tall green bushes. I walked the outside tomato patch with Rick a couple of days ago. I still feel like a kid at an Easter egg hunt—it is so thrilling to find ripe tomatoes. In this case, it was yellow cherry tomatoes. We are hoping they will be in abundance by July 14th. The broccoli looks great as does the cabbage. We will see what the heat does. The melons are gorgeous along with all the corn. Everything is growing and

it is so exciting. NanaDew Farms has new potatoes coming on along with other growers bringing in carrots, onions, beets and chard. Anna is trying her hand at getting lettuce to germinate in the heat so that we can maybe have a little lettuce at the beginning. These next couple of weeks will go by fast.



Did You Know?

(Information taken from *ACRES* magazine)

~U.S. sales of organic products, both food and non-food, reached \$24.6 billion in 2008, growing 17.1 percent over 2007 sales despite tough economic times.

~USDA data reveal that, since the introduction of GM crops in the U.S., more than 120 million pounds of additional pesticides have been used. Monsanto's gross profits from Roundup and other glyphosate chemicals in 2008 were up 137 percent from 2007.

~Perhaps people really are paying attention to "local." The "Eat Local" movement tries to encourage people to think about the origin of their food and to emphasize fresh, unpolluted table fare from nearby producer-friends. The message must be getting through because

Big Food is now trying to cash in on the concept. Frito-Lay (PepsiCo) is trying to portray Lay's potato chips as a local food in the regions where the potatoes are grown. ConAgra is trying to say that Hunt's canned tomatoes, grown mostly within 120 miles of its processing plant in Oakdale, California, are "local." According to The New York Times, "Kraft is trying to figure out whether people in Wisconsin will buy more pickles if they know that the cucumbers in a jar of Claussen's are grown there." Perhaps this attempt at appropriation of a good idea is a good sign. Perhaps people are paying attention to "local."

Quote from Margaret Mead:

~Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has.



With that, I extend a heartfelt "thank you" from all the farmers and coordinators for doing your part to help make a difference by supporting us in your participation of the Great Basin Basket program.

Happy summer—and happy 4th of July to all of you. Stay safe and enjoy friends and family.

Tina

Recipes

Daylily Chicken Stir Fry

1 tbl. fresh ginger, finely chopped
1 tbl. tamari or soy sauce
1 tbl. sherry
1 tbl. rice wine vinegar
2 tbl. corn starch
2 chicken breasts, cut paper thin
1 small onion, chopped
3 tbl. Peanut oil
1 medium onion, sliced and cut in half
Daylily flowers
1/3c. water

Mix the ginger, tamari, sherry, vinegar and cornstarch together in a bowl. Add the chicken pieces and chopped onion, mix to coat each piece evenly.

Heat a wok or heavy frying pan on high. When wok is hot, add 2 tbl. of oil, set aside. Wipe out wok. Heat wok over a medium heat and add 1 tbl. oil. Add onion slices and cook slowly until browned. Add daylily, water and cooked chicken. Cook for 3 minutes. Serve immediately.

Zesto Bruschetta

10 slices of baguette
1 clove garlic, cut in half
1 c. grated zucchini or other summer squash
1/2c. pesto
10 tomato slices
1/3c. freshly grated Parmesan cheese

Arrange bread on baking sheet. Toast under broiler until golden, 2-3 minutes. Rub the cut halves of the garlic clove on the toasted bread.

Mix together the zucchini and pesto. Cover each toast slice with a heaping tablespoon of the pesto. Broil for 1 minute.

Top each toast with one tomato slice. Sprinkle the tomato slices with salt and pepper. Sprinkle the cheese over the toasts. Return the baking sheet to the broiler and broil just long enough to melt the cheese 1-2 minutes.

Bruschetta is best served immediately, but it holds up well on a buffet table.

Chinese chicken and Noodle Salad

- 1 3oz. package ramen noodle soup mix (looked for baked noodles)
- 1/4c. slivered almonds
- 1 tbl. sesame seed
- 1 1/2 tsp. olive oil
- 1 lb. chicken breasts, trimmed
- 3 1/4" thick slices fresh ginger
- 1/2tsp. salt
- 3 tbl. orange juice
- 3 tbl. cider vinegar
- 5 tsp. reduced sodium soy sauce
- 5 tsp. sugar
- 3/4 tsp. toasted sesame oil
- 2c. shredded cabbage
- 1 carrot, shredded
- 3 green onions or garlic tops, chopped

Crumble ramen noodles onto a large rimmed baking sheet. Add almonds, sesame seeds and oil; toss to coat. Bake for 10 minutes. Stir, then bake until the noodles are golden brown, about 5 minutes. Let cool on the pan.

Meanwhile, place chicken in a skillet with water to cover. Add ginger and salt; bring to a boil. Cover, reduce heat to low, and simmer gently until no longer pink in the center.

(Recipe continued)

Transfer chicken to a cutting board to cool. Using forks, shred into bite size pieces.

Meanwhile, combine orange juice, vinegar, soy sauce, sugar and sesame oil in a small bowl or jar with a tight fitting lid. Whisk or shake until the sugar has dissolved. Just before serving, combine the shredded chicken, cabbage, carrot and green onions in a large bowl. Add the toasted noodle mixture and the dressing; mix well.

Picnic Potato Salad

- 1 lb. very small red potatoes
- 1 tbl. wine vinegar
- 1/2tsp. salt and pepper
- 3 tbl. minced celery
- 2 tbl. minced red onion
- 1 tbl. olive oil
- 2 tbl. bacon chopped into small pieces

Steam potatoes until tender. Cool slightly and cut into bite-size pieces.

Sprinkle with vinegar, salt and pepper while still warm; set aside to cool. Stir in celery, onion, and oil Stir in bacon just before serving. Scoop individual portions onto a bed of lettuce.