



## Down on the Farm Notes: June 5, 2008

Hello everyone!

Can you believe it is already June and gorgeous weather to boot? Well, that is until tonight—I think the weather man has people covering their tomato plants tonight. It has taken me 4 years, but I have finally learned I can't plant anything that is not frost hardy until at least June 20 because we are in the Arctic zone over here. I don't have to worry too much tonight if it freezes or not, but if Rick was to freeze, that would be bad. The hail kind of wiped out his early crops and transplants. He has spent this week replanting everything by seed which means things will be coming in a little later. The joys of farming!!!!!!

I have some great news for you to look forward to, though. All of our peas are blooming like crazy. They are setting peas on the plants. Hopefully, we will be harvesting in a couple of weeks. Cliff from Sodbuster farms has shelling peas, Rick has sugar snap and I have some snow peas, so let's all keep our fingers crossed. Some other great news is that Rick has a beautiful crop of Early Girl tomatoes coming on in the hoop house. At least one thing worked out that he had planned and, with luck, we may see some beautiful early tomatoes!

In this week's box you have some chard, lettuce, spinach, Yellowstone carrots, more green garlic, some yummy fresh dill, another fresh herb, a small batch of spicy greens or kale, and another nice treat of fresh cherries. AND...we found cherries that are certified organic. What a nice surprise! We have everyone over the hill hunting fruit for us. Networking is great, isn't it?

Marcia's decided to take this week to trim all of her herbs back so they will come again later, so we have an herb smorgasbord this week. You will have 1 of the following in your box. Calendula flowers, sage, thyme or oregano. For those that have gone to flower, pull the flowers off and sprinkle over your salads for extra flavor. Remember to let the herbs dry for later use if you can't use them now. Store them in an air tight glass container after they are completely dried. Enjoy!

The chard leaves are rough looking with some brown tips, but they are okay. This is just where they bumped their head on the row cover. Enjoy the dill. When I have fresh dill, I love to make a good sour cream dressing. Mix it with your carrots or use it with some fresh salmon. I love squeezing a

lemon, salt, garlic and fresh dill over salmon. Cover with foil and place on BBQ or cook in the oven. The flavors go so well together. I needed to thin my kale in the hoop house, so you all got a small amount of it to use fresh in your salads. If you don't like it raw, cook it up with your chard. Some of you have some spicy greens mixed in. This spicy green is a mustard green.

Heads up on the eggs—you can let Pauline know about the eggs that you want, but here is the address you need to send the money to. Some day we will get this all figured out; we decided it would be fewer hands if you just sent the payment straight to the farmer.

Nancy's Green Barn Farm  
220 Bullion Rd.  
Dayton, NV 89403

For those of you who receive the *Mother Earth News*, you need to look at the June/July 2008 issue. The article "Reclaiming the Kitchen" by Barbara Kingsolver is great. She talks about how cooking has become a lost art in our culture. She is a wonderful writer who has a great way of putting things. She is also the author of *Animal, Vegetable, Miracle: A Year of Food Life*. If you don't receive *Mother Earth News*, try to find a friend who has a copy.

In the article, she talks about a group of women getting together for a local cheese making class, and she has a recipe for

making mozzarella. I would love to do this with interested people and talk with our local Great Basin Food Co-Op to see if they can maybe get all of the different ingredients like citric acid, the cultures and the cheese salt you would need to make some basic cheeses. I think I will research this and let everyone know, and then in a few weeks I will give you the recipes. That way we can all practice and be ready by the time tomato/basil season begins. How does that sound? She promises it is very easy. The one trick is to find non-ultra pasteurized milk. Stay tuned. I hope to give this a try myself!

If anyone has anything to share along these lines, by all means please share. I think it would be fun to try different projects. Last year some of you had an interest in learning how to can, too. Maybe if there are enough of you interested, we could organize a community canning day this summer. Food for thought!

We have a graduation to get through this weekend. Our 3rd daughter, Sarah, will be graduating. There are probably others of you going through the same thing this week or next.

Good luck and stay safe. Have a great week—and enjoy the recipes!

## Recipes

### Wilted Greens

4 slices of bacon, chopped  
1 small red onion, diced  
2 tsp. brown sugar  
2 tbl. cider vinegar  
1 bunch of greens  
Salt and pepper to taste

Fry bacon bits in a skillet until they are crisp and have rendered all their fat. Pour off all but 1 tbl. of the bacon drippings and return the skillet to the burner. Add onion and stir in the sugar and cider vinegar. While bacon is cooking, lightly steam the greens until tender or wilted, whichever you prefer. When greens are finished, pour the hot dressing over the greens, tossing until coated. If you don't use bacon, prepare with oil.

### Braised Chard (or any other greens)

1 bunch chard  
1 medium onion, sliced  
1 large apple, sliced  
2 tbl. oil  
1/2 tsp. salt  
1/8 tsp. pepper  
2-3 tbl. cider vinegar, optional

Chop chard into 1" pieces, using ribs and leaves. Sauté onion and apple in oil for a few minutes. Add chard, salt and pepper and stir fry slowly for 15 minutes or until tender. Add vinegar if desired and cook a few minutes longer.

### Simple but Yummy Chard

Lightly steam chard in a 1/2c. water (or as needed), sliced fresh garlic, and butter.  
Simmer for 4-5 minutes until tender.

## Asparagus Risotto Cakes

Note: This takes a little extra time, but asparagus is still available and I couldn't resist!

1 lb. or so asparagus  
6-8 c. chicken or vegetable stock  
1 tbl. olive oil  
2 tbl. butter  
1c. finely chopped onions  
1/2c. Parmesan cheese  
1 tbl. minced garlic  
1 tsp. lemon juice  
1 1/2c. Arborio rice  
Salt and pepper to taste  
1 pinch saffron (good but optional)  
1/2 c. bread crumbs  
3/4 c. white wine  
Oil or butter for pan frying cakes

Steam asparagus over boiling water 4-5 min. Rinse in cold water and chop. Heat olive oil in saucepan over medium heat; add onions and cook until translucent. Add garlic, cook 1 min. longer. Add rice and stir 2 minutes. Add saffron and wine. Simmer hard, stirring, until liquid is reduced by half. Add 1/2c. stock; stir until absorbed. Add more stock 1/2 c. at a time and stir constantly until absorbed and rice is cooked through and begins to clump. Add butter, cheese, lemon juice, asparagus, salt, and pepper. Spread on baking sheet and cool. Form patties and dip into breadcrumbs. Heat oil or butter in skillet; sauté cakes until golden brown on both sides.

## Oil and Vinegar Dressing

1c. red wine vinegar  
1 tbl. honey  
1c. olive oil  
1 pinch salt  
1 pinch pepper  
1 tbl. horseradish mustard  
5 tbl. tahini (sesame seed paste)\*  
1-2 tbl. chopped green garlic

Mix all ingredients together.

Makes about 3c. dressing.

\*Note: Tahini is available at the Co-Op.