



## Down on the Farm Notes: June 9<sup>th</sup> & 11<sup>th</sup>, 2009

Hi everyone!

What a wild week of weather we have had. I'm enjoying it though. It feels like Oregon and Washington weather. Wonderful to work in and all of the plants are loving it too.

### What is in the box this week?

- \*Lettuce
- \*Spinach
- \*Chard/mixed greens
- \*A bundle of mint
- \*Fresh Carrots
- \*Tarragon
- \*Arugula
- \*Radishes

If the weather warms up this week, Thursday may get the first picking of zucchini!

You have some fun mint this week like chocolate, orange, Kentucky Colonel, and pineapple. Enjoy!

Tuesday's basket will have some large-looking radishes in it. They are called Daikon radishes. They are great sautéed or eaten fresh.

Tarragon is wonderful in pasta or cooked with chicken. You can also mince a little and mix with vinegar and oil for a nice salad dressing. Add salt and pepper to taste.

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### Did You Know?

The folks at Peaceful Valley Farm and Garden Supply in Grass Valley, California, have established a program for freshman farmers. They are helping new organic farms get started by giving big discounts on all supplies needed during the first four years.

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Have a good week.

*Tina*

## Recipes

### Tarragon Pesto

1/4c. tarragon leaves  
1/2c. parsley,  
1 1/4 c. spinach  
2 tbl. pinenuts or pistachios  
2 tbl. garlic (green garlic)  
3 tbl. olive oil, 2 tbl. Parmesan

Process in food processor.

Hint: Tarragon goes a long way!

### Polenta Squares (with fresh arugula)

Cook polenta (4c. water to 1c. polenta and salt). Smooth cooked polenta into a 9x13 baking dish. Let cool. Cut into squares when polenta has firmed up. Brush with olive oil and bake in oven until polenta is crispy. (we like it crispy...you can keep it soft.)

From here you can add a slice of fresh tomato (if they are in season) and a curl of fresh parmesan or a slice of mozzarella. Let it melt. Then top the polenta with chopped up fresh arugula. Best eaten in the kitchen when standing around waiting for the rest of dinner to finish!!

### Fresh Mint Salsa for Grilled Lamb Chops

3 small tomatoes, seeded and finely diced  
1/2c. finely diced red onion  
2 tbl. olive oil  
2 tsp lemon juice  
3-4 tbl. chopped fresh mint  
salt and pepper to taste  
8 lamb loin chops

Combine all ingredients except lamb; chill 1 hour.

Grill lamb chops. Top each serving with salsa.

### Stir Fried Daikon Radish

1 daikon radish  
1 tbl. peanut oil  
1 tsp. sweetener of your choice  
1/8 tsp salt

Cut daikon into thin slices. Heat oil. Add daikon and toss to coat with oil. Sprinkle with sweetener and salt. Cook until tender. Add whatever other spices you want!

\*Daikon radishes are also good in a marinated salad. Or add to tuna with some fresh lemon juice, onion, olive oil, and your favorite olives for a great tuna salad.

## Charlemagne Salad with Hot Brie Dressing

Lettuce greens and spinach, mixed  
1/2c. olive oil  
Garlic croutons  
4 tsp. minced green garlic or green onions  
2 tsp. minced garlic  
1/2c. wine vinegar  
2 tbl. lemon juice  
4 tsp. Dijon Mustard  
8-10 oz. brie, rind removed, cheese cut into small pieces and brought to room temp.

Tear clean greens into pieces and toss with garlic croutons in a large bowl. Warm oil in a heavy skillet. Add onions and garlic and cook until golden, 3-5 min. Blend in vinegar, lemon juice, and mustard. Add the cheese a little at a time, stirring constantly. Toss the hot dressing with the greens and croutons. Serve immediately with freshly ground pepper.

Note: When adding dressing to fresh greens, add the very last second because the greens will easily get soggy.

## Spinach Salad

1/3c. mayonnaise  
1/4c. orange juice  
1 tsp. sugar  
1 tsp. poppy seeds  
fresh spinach  
fresh strawberries, sliced

Wash spinach. Combine mayo, sugar, OJ, and poppy seeds. Whisk together in a small bowl. Gently toss spinach with strawberries.

Arrange on plates and drizzle dressing over servings.

### Some Ideas for Fresh Mint:

Chocolate mint: Make sun tea or add to your favorite sorbet recipe.

Orange mint: Wonderful added to salsas.

Kentucky Colonel: This spearmint is good with fresh peas—among other things.

Pineapple mint: Works well with fruit drinks and salads.

Take a leaf, crush it, inhale its fragrance, and just follow your culinary imagination...