



Down on the Farm Notes: July 21st & 23rd, 2009

Hi everybody,

Wow! Summer is here in all its heat!! As we melt, everything is growing in the fields by leaps and bounds. The warm weather crops are loving it. Sad to say though, lettuce does not love hot weather. Last Tuesday's basket received lettuce, but it had a pretty strong flavor. By the time Wednesday rolled around, it had turned bitter. We apologize for not having lettuce, but the weather pretty much decides our direction of what will go into the box. We tried, and it was beautiful, but the weather just didn't allow it to be edible. I have spoken with a few of our customers growing gardens and their lettuce has done the same thing. I guess it is time now to move onto bigger and better things like salads of cucumbers, tomatoes, and peppers.

Here's what you will find in the basket this week:

- * Zucchini
- * Cucumbers (Tuesday only) (Thursday next week)
- * Fastbreak Cantaloupe
- * Mint
- * Dill

- * Onion
- * Tomatoes (cherry and a variety)
- * Green beans (a special treat)
- * Corn (Sweet Chorus... Yay!)
- * Broccoli
- * Peppers

Just a friendly little reminder....(which our folks who have been with us for a while are already aware of): the sweet corn is hard core certified organic. Nothing has been put on it to keep the worms away, so you will find some worm damage on the tips. Once in awhile one of these little critters will make its way down the ear. Just trim away. You don't need to throw the entire ear of corn away.

Also, we are experiencing some pretty tough heat right now. You need to understand that your boxes are delivered to the pick-up sites earlier in the afternoon. They sit there until you pick them up. There isn't anything we can do about the heat, so you will have to take extra care to take your produce out when you get home and "work it up." Apply water to greens or anything that needs

rehydration. Then put the produce that needs to be kept in the refrigerator away as soon as possible. That way your produce will freshen up. We want you to have the best experience possible.

Here's what you'll find in the fruit share:

- *Sun Jewel Melon (Certified Organic)
- *White and yellow peaches
- *Blackberries (Certified Organic)
- *Raspberries (Certified Organic)
- *2 varieties of plums

A special note to our fruit subscribers—please know that you are receiving vine- or tree-ripened fruit, not the hard, tasteless fruit you often get in the store. Therefore, things like berries need to be eaten right away. The peaches may have a few days more to fully ripen, but watch them carefully. They won't sit around on the counter as well as their grocery store counterparts. We want you to enjoy all the wonderful flavors of this beautifully flavored fruit.

Please be sure to return your boxes. This is important to everyone because your box costs us \$3 each. If they don't get returned, we will have to purchase more in order for you to receive your produce in boxes. Sometimes it is easy to forget, especially when you are in a hurry to get to work early in the morning. You definitely

are not thinking of putting a box in your car. Many people find it easier to bring their own basket or bags to transfer the produce so that they don't have to remember to bring a box back each week. Thanks for your help with this.

Try to keep cool! Enjoy the summer flavors!

Tina

Recipes

Lemon-Dill Green Beans

- 1 lb. green beans, trimmed
- 4 tsp. chopped fresh dill
- 1 tbl olive oil
- 1 tbl. lemon juice
- 1 tsp. whole-grain mustard
- 1/4 tsp. salt
- 1/4tsp. freshly ground pepper

Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5-7 minutes. Remove from the heat.

Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Braised Green Beans and Summer Vegetables

1 tbl. olive oil
1 small onion, halved and sliced
1 tbl. chopped fresh oregano (or 1 tsp. dried)
1/c. white wine or chicken broth
1 lb. green beans, trimmed
1 zucchini, halved and cut into 1 inch pieces
1 c. halved cherry tomatoes
1/4 tsp. salt
1/4 tsp. ground pepper
1/4 c. shredded Parmesan cheese

Heat oil in a large skillet over medium heat. Add onion and oregano and cook, stirring until softened and beginning to brown, about 2 minutes.

Add wine or broth and bring to a boil. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice. Add zucchini and tomatoes and continue cooking until the vegetables are tender, 8-10 minutes more.

Season with salt and pepper. Serve sprinkled with Parmesan cheese.

Berry-Peach Cobbler with Sugared Almonds

Filling:

1 c. raspberries
2 c. blackberries
1 c. blueberry
3 peaches, peeled and sliced
2/3c. sugar
2 1/2 tbl. cornstarch
3 tbl. fresh lemon juice
1/8 tsp. salt

Topping:

about 1c. flour
1/4c. sugar
2 tbl. cornstarch
1/2 tsp. baking powder
1/8 tsp. salt
6 tbl. chilled butter, cut into small pieces
1/2c. half-and half
1/3c. sliced almonds
3 tbl. sugar
1 tbl. egg white

To prepare filling, combine berries and peaches in 9X13 baking dish lightly oiled. Sprinkle 2/3c. sugar, 2 1/2 tbl. cornstarch, juice, and 1/8 tsp. salt over fruit; toss gently to combine.

(Recipe continues on the next page)

To prepare topping, lightly spoon flour into dry measuring cup; level with a knife. Combine flour, 1/4c. sugar, 2 tbl. cornstarch, baking powder, and 1/8 tsp. salt, stirring well.

Cut butter into flour mixture with a pastry blender or two knives until mixture resembles coarse meal. Add half and half; gently knead dough just until moistened.

Drop dough by spoonfuls evenly over top of filling. Combine almonds, sugar, and egg white; sprinkle over top.

Bake at 350 for 50 minutes or until topping is browned. Let stand 10 minutes. Serve with ice cream.