



## Down on the Farm Notes: July 22<sup>nd</sup>, 24<sup>th</sup>, & 26<sup>th</sup>

Hello everyone,

Hope you had a great week. What a wild afternoon of thunder, lightening, and the scariest of all—hail. We were holding our breath for about a half hour waiting to see if it was going to hit Fallon. Rick reports that he missed it by a half mile, and I would say that is too close for comfort. We sympathize with those who the hail did hit, though. As large as it was and as hard as it came down, it did a lot of damage where it did fall. I hope all of you missed it! Let's hope we miss it the rest of the week too!

### **What do we have in the box this week?**

This time I will begin with the light-weight stuff. We have mint, a bag of mixed greens (mustards, tatsoi, kale, etc.), beets with beautiful greens, a mix of fresh tomatoes, a mixture of squash, a little more fruit and this time some Fastbreak cantaloupe. Rick claims the first melons are not very sweet. Chill the melon and mix it in with some of the nectarines and it will be a refreshing treat. The corn is oh-so-close. In fact, the Saturday delivery may get to enjoy some. Just to give you a heads up, we skipped the basil this week, but we will be back with it soon. We will also send some lemon basil and purple basil your way, and we plan to send a large bunch of regular Italian basil a

couple of times so that you can make pesto for the freezer. A recipe will be included. Don't forget to eat your beet greens. These are the prettiest greens. Let's hope the hail doesn't come and ruin them this week. They are very tender, so please make sure you don't throw them away. Lightly sauté them with a little olive oil and water if they are dry. Cook just until tender. Sprinkle with oil and vinegar, salt and pepper. Yummy!

**The fruit share** is an exciting addition. This is when I am so happy to live so close to California. They have access to so much good fruit. This week you will receive: peaches, blackberries, strawberries, some fresh walnuts, either a Sun Jewel or a Fastbreak melon. Next week we are hoping for some plums and maybe, if a farmer friend is heading this way, some fresh blueberries.

Check out the recipe section for some easy fun recipes and maybe one not so easy but fancy! That is, if you don't eat the fruit before you can begin baking!

Don't forget, Mad Mary boxes are for fruit shares only. Thanks!

We have had a weekend full of family, friends, and food. Sarah had her graduation party. It is so much fun to get together with people you haven't seen for a long time and sit down over a table laden with beautiful summer bounty. It makes for a fun time, good eating, and good conversation. My aunt and uncle were also down from Wyoming, and we had such a good visit talking of old times and remembering different family occasions and reminiscing over old pictures. So many meals together (have you noticed how many of your family pictures are of everyone sitting around the table enjoying food?), so many good times. We kept finding pictures of my grandmother and us kids at all stages and ages. We all decided one thing, though; my grandmother left her mark behind in all of us. She instilled the love of playing in the dirt, cooking and eating, and having big family get-togethers. She passed it onto my mom. My mom passed it onto me and now my girls are following in all those past footsteps. And the beat goes on. Some of us who were lucky to have grandparents on farms when we were growing up have the same memories to cherish. "When I was young and visited my grandparents' farm" is how those memories always seem to begin. Aren't you thankful for those memories and aren't they some of the best? Take a moment this week to think back on those who influenced you the most and made you the happiest. Then take time right

now to make new memories with either family or friends. Have a good week.

### Recipes

Note CSA and Fruit Share customers: If some of you get plums, let them sit on the counter for a few days. They are not as ripe and perishable as the peaches are. Check out the recipes for a simple dessert!

#### Sautéed Peaches Over Pound Cake (EASY AND FAST)

Melt 2 tbl. butter in a large frying pan over medium heat. Add 1/2c. packed brown sugar, 2c. sliced peeled peaches, and 1/4tsp. cinnamon, tossing slightly to coat. Cook peaches until softened and juices are released, stirring occasionally, about 5 minutes. Toast 4 slices pound cake (cut 3/4" thick) in toaster until warm and slightly golden, about 2 minutes. Put each cake slice in a bowl and top with warm peaches, distributing them evenly. Serve with vanilla ice cream. Makes 4 servings.

#### 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.

#### Plum and Wine Trifles

1c. each Cabernet Sauvignon and fresh orange juice  
1/2c. plus 2 tbl. sugar, divided  
1/2 tsp. ground cardamom  
4 firm-ripe plums, sliced  
1c. whipping cream  
12 sugar or shortbread cookies, broken into pieces (Pepperidge is good!)

In a pan over high heat, boil wine, orange juice, 1/2c. sugar, and the cardamom, stirring often, until reduced to 2/3c., 10-15 minutes. Remove from heat, stir in plums, and let stand 10 minutes, stirring often. Meanwhile, whip cream with the remaining 2 tbl. sugar until thick. With a slotted spoon, lift 3-4 plum slices to each of 4 small bowls. Top each with 1 broken cookie, then a spoonful of cream. Repeat layers 2 more times. Serve trifles with syrup and any remaining fruit.

Note: If you do not drink, you can most of the time replace wine in the recipe with grape juice.

#### Chipotle Beet Salad

10-12 oz. fresh beets, greens removed  
\*1/4c. Kozlowski Farms Key Lime and Chipotle Vinaigrette Dressing (or make your own)  
1 medium green onion, thinly sliced  
1 tbl. crumbled cotija cheese  
1tbl. roasted and salted pumpkin seeds

Place beets in a small saucepan and cover with water. Bring to a boil; reduce heat and simmer for 30 minutes or until beets are tender when pierced. Let cool, then remove peels. Cut beets in 1/2" dice and place in a bowl with dressing. Cover and chill for at least 30 minutes. Just before serving, stir in green onion; sprinkle with cheese and pumpkin seeds. Makes about 2 servings.

\*I just found this recipe in the *Something Extra* magazine that Raley's offers to their customers, and that's the salad dressing their recipe recommends, so I assume we should be able to find it at that store. Sorry I haven't checked, but this recipe sounded good and I wanted to share it with you.

## Spicy Potato Sausage and Greens Soup

1 lb. bulk hot Italian sausage  
1/2c. chopped onion, or more to taste  
4c. chicken broth  
4 c. thinly sliced potatoes  
4c. water  
2 cups torn or chopped greens  
1/3c. whipping cream  
salt and pepper to taste

Heat soup pot over medium flame. Add sausage and onions and cook until meat is no longer pink. Add broth, potatoes, and 4c. water. Bring to boil, reduce heat, and simmer until potatoes are tender, 10-15 min. Stir in greens; cook 1-2 min. Stir in whipping cream and season to taste with salt and pepper. Serve right away, or, for more developed flavor, let cool, then chill and reheat later or the next day.

\*Some of you received a mixed greens lettuce blend. Some of you received a full blend of mustards and kales. The full mustards and kale will be good for this recipe. The mixed greens with lettuce are best sliced thin and add a dressing (see recipes), diced chicken and you have a summer meal!

## Summer Bread Salad with Zucchini, Tomatoes, and Feta Cheese

1 1/2c. thinly sliced zucchini  
1 1/2c. chopped tomatoes  
1/2c. crumbled feta cheese  
1/4c. chopped sweet or green onion  
1/3c. chopped olives  
1/4-1/2c. chopped fresh basil (optional)  
1/4c. olive oil  
3 tbl. wine vinegar (or vinegar of choice)  
2 tbl. minced garlic  
salt and pepper to taste  
5-6c. firm textured bread cubes dried or toasted (sourdough, pita, etc.)

Toss all ingredients except bread in large bowl; let stand at room temp. to develop flavor, tossing occasionally, 1/2 to 1 hour. Toss in bread just before serving.

## Blackberry Mascarpone Tart with Hazelnut Crust

Crust: 1c. chopped hazelnuts, toasted  
6 tbl. cold butter, 1 1/4c. flour  
1/2c. sugar, 1 egg yolk + 1-2 tbl. ice water

### Blackberry Topping:

2 (6oz. containers) fresh blackberries  
1/2c. blackberry brandy  
1 tbl. cornstarch dissolved in 1 tbl. water

### Pastry Cream Filling:

1/2c. whipping cream  
1 8oz. mascarpone cheese  
1 6oz. vanilla yogurt  
1/3c. honey  
1 tsp. vanilla extract

Preheat oven to 350. To prepare crust, place hazelnuts in a food processor and pulse until finely chopped; pulse in butter, flour and sugar until mixture resembles coarse crumbs. Transfer to a medium bowl and stir in egg yolk and water with a fork. Press onto the bottom and sides of a 9" tart pan with a removable bottom; refrigerate for 1 hour. Prick bottom and sides of crust with a fork and bake for 25–30 minutes; remove from oven and let cool. While crust is cooling, prepare topping by placing blackberries and brandy in a small saucepan. Bring to a boil; reduce heat and simmer over low heat for 5 minutes. Stir in cornstarch mixture and cook for 1 minute more, let cool. To prepare filling, beat cream in a medium bowl until stiff peaks form. In a separate bowl, beat together mascarpone cheese, yogurt, honey and vanilla until smooth; fold into whipped cream. Spread into cooled crust, then spread blackberry topping over top. Refrigerate until ready to serve. Makes 8 servings.

### Raspberry Mascarpone Ice Cream

Note: Use raspberries or strawberries, whatever is available.

2c. half and half  
1c. sugar  
1 8oz. container mascarpone cheese  
1 1/2 tsp. vanilla extract  
1 tsp. finely grated lemon zest  
1 1/2c. fresh or frozen raspberries or strawberries

Heat half and half and sugar in a medium saucepan over medium–low heat, stirring until sugar is dissolved; remove from heat and let cool. Whisk in mascarpone cheese and vanilla, then stir in lemon zest. Let cool, then refrigerate briefly (do not let buttery yellow layer on top solidify). Transfer to the container of an ice cream maker and freeze according to manufacturer's directions. When mixture is frozen, add raspberries and let ice cream maker run for a few minutes more. Remove paddle; cover and freeze until ready to serve.

\*I just couldn't pass this up. This weekend we made 5 different batches of ice cream for Sarah's graduation party. She loves to make ice cream can you tell?? I wish I had found this recipe before the party. I have actually pulled a couple of recipes from the same book this week. If you shop at Raley's, grab their *Something Extra* magazine. It is

free and usually sitting on the checkout counter. They do a nice job with it. Many nice recipes!