



Down on the Farm Notes: July 28th & 30th, 2009

Hi everybody,

Sure hope you are keeping cool. What a hot spell! I am actually visiting my daughter in Coos Bay, Oregon, right now and you won't believe it but the high is 65 during the early part of the day and in the late afternoon and at night you need a sweatshirt. I call home and everyone is out of the house because it is too hot to be inside! Feels like I am on a different planet!!

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

(Just a little heads up—when I write this newsletter we've already planned the week's boxes, but sometimes a couple of days can go by and things have change in the field in just half of a day. This means that sometimes you do not find in your basket what I have written down. I am sorry for the confusion, but most of the time we have no control of what happens, especially when these days are so hot. Sometimes you will have a surprise—keeps you on your toes!)

- * Zucchini
- * Cucumbers (Thursday only)
- * Corn
- * Basil

- * Cabbage (Tues. only)
- * Onion
- * Tomatoes (a variety)
- * 1 melon
- * Peppers
- * Swiss chard
- * Maybe.....if Rick can pick enough....

WATERMELON

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

- * Pluots and plums
- * Nectarines (maybe peaches...need to see what the heat is doing)
- * Watermelon (certified organic)
- * Blackberry, raspberry, and strawberry (certified organic)

A little housekeeping note: It is important to try to pick up your box at the designated times for each location. We understand once in awhile "life happens" but, for the most part, if everyone can work at this we would sure appreciate it. It keeps Pauline busy coordinating with people the next day. You also receive produce that isn't as fresh as it could be, especially in this heat, so thanks for your help.

I am truly happy in the kitchen these days. It is so nice to have a variety right now to cook with. One of our summer favorites is to sauté chopped up zucchini in butter and garlic. Cook some pasta while waiting for the zucchini to finish cooking. To the zucchini, you can add chard or peppers or beets or whatever your heart desires. At the very end, chop up fresh tomatoes with a little bit of fresh basil. Add to the zucchini mixture. Drain the pasta and add the veggies to it. Add a generous helping of parmesan. You can add chopped cooked chicken. A fast dinner that has the best flavors of summer!

The hot weather does make certain things grow better in the garden, but most of the time the extreme heat is really hard on the plants. Oregon, the berry capital of the world, has even been having a difficult time of it. The berries hate the hot weather. So, as we are wilting and dragging in the heat, the plants out in the field are doing the same thing. Try to keep things light and find a cool spot to enjoy summer activities. Picnics at Lake Tahoe—sound fun??

Go to smittenkitchen.com for some great recipes for summer fruit and vegetables.

Happy cooking!

Tina

Recipes

Bow Ties with Tomatoes, Feta, and Balsamic Dressing

6 oz. uncooked farfalle (bow tie pasta)
2c. cherry tomatoes, halved
1c. green grapes, halved
1/3c. thinly sliced fresh basil leaves
2 tbl. balsamic vinegar
2 tbl. chopped shallots or onion
1 tsp. Dijon mustard
2 tsp. capers (optional)
1/2 tsp. minced garlic
1/2 tsp. salt
1/4tsp. pepper
4oz. crumbled feta cheese

Cook pasta. Drain. Combine cooked pasta, tomatoes, grapes and basil in a large bowl.

While pasta cooks, combine vinegar and next 6 ingredients in a small bowl, stirring with a whisk. Gradually add oil to vinegar mixture, stirring constantly with a whisk.

Drizzle vinaigrette over pasta mixture; toss well to coat. Add cheese, toss to combine.

Roast Chicken Salad with Peaches, Goat Cheese, and Pecans

2 1/2 tbl. balsamic vinegar
1 1/2 tbl. olive oil
1 1/2 tbl. minced shallots
2 1/2 tsp. fresh lemon juice
3/4 tsp. Dijon mustard
1/4 tsp. salt and pepper
2c. shredded or chopped cooked chicken
breast
2c. sliced peaches
1/2c. sliced onion
1/4c. chopped pecans, toasted
fresh greens
2 tbl. crumbled goat cheese or Feta
cheese

Combine first 8 ingredients; stir with a
whisk.

Combine chicken and remaining
ingredients except cheese in a large bowl.

Add vinegar mixture; toss gently. Sprinkle
with cheese.

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 temperature to
develop flavor, tossing occasionally, 1/2
to 1 hour. Toss in bread just before
serving.