



Down on the Farm Notes: August 11th & 13th, 2009

Hi everybody,

Wow! We go from a heat wave to a cold stream of air in just a few days. Believe it or not, we had a slight frost in our valley towards the end of last week. This cold spell usually arrives the last week of August. Crazy weather!!

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

- * Zucchini
- * Corn
- * Basil
- * Onion
- * Tomatoes
- * Melons
- * Peppers
- * Swiss chard
- * Watermelon
- * Mint

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

- * Black and red grapes
- * Nectarines
- * Blackberries

Hopefully, you are not tired of corn. Corn is kind of a hit-and-miss crop. This hot weather has made it come all at once, but

that means it will come to an end all at once too. So let's enjoy it now while it is available. We've got the same thing going on with the watermelon, but then I have never heard of having too much watermelon—so enjoy!!

It is BBQ time. Don't forget the simple foil packet cooking method. Place all of your vegetables mixed with a little bit of olive oil and a few fresh herbs, salt, and pepper onto a piece of tinfoil. Wrap tightly, making sure you seal the foil so that it won't leak while cooking. Cook until tender, turning the packet over often so that it won't scorch on the grill.

Just a quick note: the newsletter will not be posted on the web site next week. Our webmaster will be on vacation. She will post it when she gets back the next week. You will receive it by email only. Thank you!

A great movie that the foodies are all watching: *Food, Inc.* . I hear it is a great movie about the industrialization of our food system.

Did you know?

(Taken from the July issue of the *ACRES* magazine)

~Washington State University announced that it was pulling Michael Pollan's bestselling book *The Omnivore's Dilemma* from its required Common Reading Program for all incoming freshman due to pressure from corporate agribusiness.

Earlier this year, a university committee had selected Pollan's book and decided that it was an excellent choice for the student body of the land grant university. Unfortunately, WSU administrators later removed the book from the required common reading program. While top WSU officials attributed removal of Pollan's book from the reading program to hard financial times despite the fact the 4,000 copies of the book have already been purchased, some faculty members spoke out. When the news became public and letters of outrage began to flow by the bushel (along with a hefty donation), the decision was revisited and reversed.

~Bragging rights come cheap to corporate America. Wendy's, the fast food chain, announced it's moving to buying some cage-free eggs. A minimum of 2 percent. Oh, well. McDonald's, despite

a cage free policy for its European stores, only buys cage produced eggs in the United States.

The Department of Agriculture continues to give us statistics about the large increase of back yard gardens. Yay!

Happy cooking and have a great week.

Tina

Recipes

Basil Boats

8 large fresh basil leaves
1/2c. finely chopped tomato
1/2c. finely chopped or grated carrot
3 tbl. shredded mozzarella cheese
4 tsp. shredded Parmesan cheese
3 tbl. Italian salad dressing

Place basil leaves on a serving plate. Combine the tomato, carrot and mozzarella cheese; spoon into basil leaves. Sprinkle with Parmesan cheese; drizzle with dressing.

Corn Risotto

1 c. water
Kernels from 3 ears corn
3 1/2c. chicken or vegetable broth
1/2c. dry white wine
2 tsp. sugar
1/2 tsp. ground turmeric
2 tbl. olive oil
2c. Arborio rice
1 pepper, finely chopped
2 shallots, minced (or use onion)
1/4 lb. turkey breast, diced
1/4c. fresh basil
salt and pepper to taste

Bring the water to boil in a small saucepan. Add the kernels from two ears of the corn, cover, and cook until quite tender, 2-3 minutes. Let cool slightly. Pour into a blender and puree.

Return the corn puree to the saucepan and add the chicken broth, wine, sugar, and turmeric. Heat to boiling, then reduce the heat and let the mixture simmer. Heat the oil in a large skillet over medium heat.

Add the rice, bell pepper, and shallots and sauté until the rice looks dry, 4-5 minutes. Add 1c. of the corn broth mixture and cook over medium heat, stirring constantly, until the liquid is absorbed. Continue adding more of the mixture, 1 cup at a time,

cooking and stirring after each addition. The liquid should be mostly absorbed before you add the next cup. When all the broth has been added, remove from the heat. Stir in the turkey, the remaining corn, and the basil.

Season with salt and pepper. Cover and let heat through for about 1 minute. Serve immediately.

Summer Squash Sauté

1/4 lb. bacon, chopped
1 c. diced onion
3 cloves garlic, minced
1/2c. minced parsley
6c. diced summer squash
1 1/2 c. seeded and diced tomatoes
1/2c. dry white wine; 1/4c. water
2 tbl. fresh basil
salt and pepper

In a large skillet, fry the bacon until almost done, turning frequently. Drain off all but 2 tbl. of the bacon fat.

Add the onion, garlic, and parsley and sauté until the onion is softened and fragrant, about 5 minutes. Add the squash, tomato, wine, water, and basil. Simmer until the squash is tender, 5-10 minutes. Season to taste with salt and pepper.

Basil, Bulgur Wheat, and Peach Salad

2c. boiling water
1 c. uncooked bulgur wheat
3 tbl. fresh lemon juice
2 tbl. fresh lime juice
2 tbl. olive oil
1 tbl. honey
1/2 tsp. salt and 1/4 tsp. pepper
2c. diced, peeled peach
2c. diced, peeled jicama
1 c. finely chopped basil (or mint or other herbs)

Combine boiling water and bulgur in a large bowl; let stand 1 hour or until water is absorbed.

Combine juices and next 4 ingredients stirring well with a whisk.

Add peach, jicama, and basil to bulgur; toss to combine. Drizzle dressing mixture over bulgur mixture; toss to coat. Chill 1 hour.

Summer Vegetable Kabobs

1 medium zucchini and or yellow squash
8 cherry tomatoes
1 pepper, cut into 2" squares
2-3 onions quartered
1 c. Italian salad dressing

In a large bowl, combine the vegetables with the vinaigrette. Toss to coat and set aside.

Soak bamboo skewers in water for 30 minutes. Prepare the grill for medium hot heat. Thread the vegetables onto the skewers, making sure that the zucchini and summer squash are threaded through their skins, not through their centers. (The vegetables will be held more securely if you use two bamboo skewers for each kabob; it reduces the tendency for the vegetables to spin on the skewer.)

Grill the kabobs, basting with the dressing remaining in the bowl and turning occasionally, until the vegetables are tender and grill marked, about 10 minutes.

Note: you can add your favorite choice of meat to have a complete dinner on a stick!!