



## Down on the Farm Notes: August 18<sup>th</sup> & 20<sup>th</sup>, 2009

Hi everybody,

I can't believe how fast summer has gone by. What is difficult to believe is that school is beginning soon, so some of you are getting in the last minute vacations, school shopping, and getting ready for another year of school. Take a deep breath and enjoy your time. Your kids will grow up so fast and will be leaving home before you know it.

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

- \* Potatoes
- \* Zucchini
- \* Tomatoes
- \* Onion
- \* Basil
- \* Melons
- \* Peppers
- \* Cucumbers (Slicing or lemon or Armenian)
- \* Broccoli (Thursday only)
- \* Salsa kit (Tuesday only, Thursday next week.) Tomatillo, Jalapeno, Tomatoes

We have been waiting for everything to come in altogether for your salsa kit and

we finally have enough for Tuesday's basket. Next week, Thursday will receive the salsa kit. August is the month to shine for Nevada farmers. This is the time that everything is finally coming on heavy and the summer vegetables are finally ripening and ready on the vine. It takes so long to get to this point and then it doesn't last very long, but eat well we will for a few months out of the year.

Some of you will have a yellow tomato. This is a Lemon Boy, the first of our heirloom varieties. They ripen much later in the season. They too require patience.

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

- \* Green and black grapes (organic)
- \* Strawberries (organic)
- \* Melons (organic)
- \* A special treat of organic heirloom tomatoes: Pineapple, Golden Jubilee, Beefsteak, Brandywine

(Pauline wanted you folks to enjoy these special treats. After all, they are a fruit. Have fun with them)

**Here's an idea for your heirloom tomatoes:** Slice heirloom tomatoes in thick slices. Pour brandy over tomatoes, sprinkle with sugar and then eat as dessert. This came from a chef friend of Pauline's.

This week I had the pleasure of attending my daughter's graduation from culinary school. It was a nice event that had an incredible culinary ending with a fabulous variety of food beautifully presented at the reception.

Although this was very much a pleasurable experience, the highlight of the entire day was the speaker. He was a well-known chef from New York. He began his speech with his experiences in Europe. He explained how the Europeans live to eat, not eat to live. He was a great motivational speaker. He drove home the importance of integrity in everything you do. Here are just a few of the highlights: Put your passion and your own style into your food that you cook. Cook each meal as if you were cooking and serving a king and a queen. Always be ready to learn from everyone you meet. Everyone has something to offer. And in the end, always give respect to everyone—from the dishwasher, to the person cleaning at the end of the shift, to the person serving your food. What great advice...not just for future chefs, but also for all of us.

In Europe, food is important. It connects people and is the center of conversation and fellowship. Enjoy your time together during these last summer days of August.

Food for thought: It is becoming popular to share a yard. You can only fit so many pots on a patio of an apartment, so the next best thing is to share a garden with friends who have some "dirt" in their back yard.

Have a great week!

*Tina*

## Recipes

### Herbed New Potatoes

2 lbs. new potatoes  
3 tbl. butter, melted  
3 tbl. chopped fresh herbs of choice  
salt and pepper to taste

Cook potatoes until tender. Transfer the potatoes to a warmed serving bowl. Pour in the butter, and sprinkle the herbs and salt and pepper over the butter.

Toss gently. Serve immediately.

## Smoked Tomato Salad

1/2c. olive oil and vinegar salad dressing  
1/4c. grated Parmesan cheese  
2 tsp. Dijon mustard  
4 tomatoes, 1 basket cherry tomatoes  
8 oz. mozzarella  
15 basil leaves, finely chopped

Soak 1/2c. hickory wood chips in water for at least 1 hour. Set up grill for indirect cooking over medium heat. Oil grate when ready to start cooking.

For Parmesan Vinaigrette, whisk together salad dressing, Parmesan cheese and mustard.

For tomato salad, drain wood chips. Add to smoke box if using gas grill or place chips on hot coals if using charcoal. Sprinkle tomatoes with salt and pepper. Place cut sides up, on grill away from heat. Cover grill. Cook for 8-10 minutes or until skins crack and start to peel away. Remove from grill. Cool until easily handled. Peel off tomato skins.

Cut tomatoes into large bite size pieces. Tear mozzarella cheese into pieces. In a salad bowl, combine tomatoes, mozzarella cheese and basil. Pour Parmesan Vinaigrette over salad and toss.

## Basic Heirloom Tomato Salad

1/2c. balsamic vinegar  
1/4c. olive oil  
2 lbs. heirloom tomatoes  
1 onion, thinly sliced  
sea salt and fresh ground pepper  
Thyme or oregano or basil leaves to sprinkled over top

In a small saucepan over medium heat, bring balsamic vinegar to boiling. Reduce heat and simmer, uncovered, for 10 minutes or until vinegar is reduced to 1/4c. Set aside to cool.

Whisk together the olive oil and reduced balsamic vinegar.

Layer tomatoes with the sliced onion in a large serving bowl or dish. Sprinkle with salt and pepper. Drizzle with balsamic vinegar mixture.

Marinate at room temp for 1 hour. Top with fresh herbs.

## Tomatillo Sauce

(Green sauce used for salsa, enchiladas, etc.)

Tomatillos

1 onion

1 Jalapeno (depends on how hot you want it)

cilantro

garlic

You can add whatever spices you like.

You can either roast the tomatillos in an oven for a more intense flavor, or you can boil them in a little water on top of the stove. Remove skins of tomatillos and cook them until tender. Let cool slightly.

You can then cut up your other ingredients and add them to the tomatillos. Place everything in a blender and blend until smooth.

Use to pour over enchiladas, use as salsa or pour over a roast before placing in the oven to cook.