



Down on the Farm Notes: August 25th & 27th, 2009

Hi everyone,

We just had a beautiful and enjoyable rain that has refreshed everything. It even perked us up!! Fall is in the air. The plants are pushing hard to finish before the shorter days and Jack Frost hit.

Just a heads up—the fun is in Fallon over Labor Day weekend. Fallon will be hosting their 25th annual Heart of Gold Cantaloupe Festival. The fun begins Friday and they will wrap up on Monday.

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

- * Eggplant
- * Zucchini
- * Tomatoes
- * Corn
- * Cabbage
- * Basil
- * Watermelon
- * Melons
- * Peppers
- * Cucumbers
- * Salsa kit (Thursday only) Tomatillo,
Jalapeno, Tomatoes

Don't worry about the holes in your cabbage. Just pull the outer leaves away and trim around the holes and enjoy!

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

- *Golden Raspberries (organic)
- *Red Raspberries (organic)
- *Figs
- *Grapes
- *Watermelon (organic)

A little bit of housekeeping business—we are having a difficult time with the box monster. It seems to be eating all of our boxes. Anyway, if you could do us a great big favor and look around in your garage or out the back door and check to see if you have any hanging around and get them returned to your pick up location, we would sure appreciate it. Thanks for your help on this.

Also, everyone needs to know that Pauline will be gone the first week of September. She will be unable to return phone calls or make arrangements with anyone that has forgotten their box on their scheduled pick up day. The boxes

that are not picked up will be given to the food closet, so try hard to remember or make arrangements ahead of time if you are unable to pick up. Sorry if this causes any inconvenience. Thank you!

Just a little reminder~ a fun site to go to for recipes with some great photography: www.smittenkitchen.com.

Here is an excerpt from a *New York Times* article by Nicholas D. Kristof that I'd like to share: "On a summer visit back to the farm here where I grew up, I think I figured out the central problem with modern industrial agriculture. It's not just that it produces unhealthy food, mishandles waste and overuses antibiotics in ways that harm us all. More fundamentally, it has no soul." I enjoyed reading this, and you can read the entire article at "[Food for the Soul](#)."

Enjoy!

Tina

Recipes

Tomato Cabbage Soup

2-3 tbl. olive oil
1 lb. Italian sausage
1 small head cabbage, thinly sliced
1 onion, halved and thinly sliced
1 28 oz. can diced tomatoes
6c. chicken broth
1 tsp. cumin
salt and pepper to taste

Heat 2 tbl. olive oil in soup pot. Add sausage and sauté until completely browned, about 10 minutes, breaking up the sausage with a spoon or spatula as you stir. Remove from the pot with a slotted spoon and set aside on a plate lined with paper towel. If the soup pot is mostly dry, add another tablespoon of oil.

Add the cabbage and onion and sauté until golden, 8-10 minutes. Add the tomatoes, broth, and cumin. Return the sausage to the pot. Bring to a boil, then reduce the heat and simmer for about 1 hour or until cabbage is completely tender and the flavors are well blended. Season to taste with salt and pepper.

Creamy Coleslaw

8c. shredded cabbage
3 carrots, shredded
1/4 onion finely chopped
1 1/2c. buttermilk
3 tbl. cider vinegar
3 tbl. sugar
3 tbl. mayonnaise
1/2 to 3/4 tsp. celery seed
salt and pepper

Combine the cabbage, carrots, and onion in a large mixing bowl.

Stir together the buttermilk, vinegar, sugar, mayonnaise, and celery seed in a smaller bowl until well blended.

Pour the buttermilk mixture over the cabbage mixture and toss to combine. Season with salt and pepper.

The salad will be dry, but the longer it stands, the wetter it will become. Refrigerate for at least 1 hour, up to 8 hours, before serving.

7 tbl. olive oil
1 small eggplant, diced
1 onion, diced
1 small red pepper, diced
1 small green pepper, diced (or peppers of other colors)
2 small zucchini, diced
2 small summer squash, diced
4 cloves garlic, minced
1 can (8oz) unseasoned tomato sauce or tomato puree

Heat 3 tbl. oil in large skillet. Add eggplant and season with salt and pepper. Sauté until browned, juicy, and cooked through, 10-12 minutes. Transfer to a medium saucepan with a slotted spoon.

Return the skillet to the heat and add 2 more tablespoons of oil. Sauté the onion and pepper until tender crisp, 3-5 minutes. Transfer to saucepan. Repeat with the squash and season. Transfer to saucepan and add the tomatoes, garlic, and tomato sauce. Simmer the ratatouille for 15 minutes over medium heat.

Taste and adjust the seasoning. The flavor will improve if the ratatouille sits at room temperature for 1-2 hours.

Ratatouille