



Down on the Farm Notes: August 26, 28, & 30, 2008

Hello everyone,

Well, here we are coasting into the last week of August. Wow! Do you have some yummy things this week! I will begin with the "killer corn" that is in your box. It is sooo good—the best I have eaten. Just the right maturity, oh-so-sweet and just plain yummy! Enjoy eating cooked with butter or, if you want the sweetest flavor, eat it raw. I had some for lunch today and it was incredible. Trim the worm damage off the top before you shuck the corn, and that way you won't have to deal with them. We have gotten into the habit of eating our corn right out in the field, hence the desire to eat it raw, which I think is now the best way to eat corn. You also have a couple of pretty Japanese eggplant, some bell peppers (that are great for stuffing) and a couple Jalapeño peppers, an Armenian cucumber, the "z" word, fresh garlic, lemon basil, Swiss chard and a variety of tomatoes. The little tomatoes are called Juliet—a pretty name for a little tomato!! The Juliet is actually a small Italian tomato, similar to the Roma tomatoes, just in a miniature size. Remember, no melons this week. Rick and all of the Fallon farmers are having to save up for the upcoming famous Hearts of Gold Festival. Melons will be back on track next week. Haven't they been outstanding!! We

hoped to be able to get everyone an Armenian cucumber. If not, some of you will receive a lemon cucumber. You can tell the difference. The lemons are small and round and a pretty yellow. The Armenians are long and light green. You don't have to peel the Armenians.

We have a great ratatouille recipe that one of our basket members shared with us—a must see! The recipe is straight from the movie, I am told, and you will absolutely love the website. Check out the recipe at the end of this newsletter and then go to www.smittenkitchen.com to see the finished product and other great recipes. It is a fun site. Ratatouille is a good way to use up all the zucchini, eggplant and peppers. We tried giving everyone a couple of bells to be able to stuff if you choose to. I like to make stuffed bell peppers at least once in the summer. I love to use ground beef or sausage. Brown the meat and then add seasonings maybe a little cooked rice and some chopped up onions and zucchini. Cook this until tender. You can steam the peppers for about 5 minutes before you stuff them with the cooked meat mixture, or you can just stuff the peppers, add a little

water to the bottom of your cooking dish, cover with foil and bake until peppers are done. At the very end we like to add a little cheese. When the kids were little I actually added cheese to the meat mixture to get them to eat it!! If you have too much basil and you don't know what to do with the lemon basil, then please dry it. It will make wonderful tea this winter, and it's great in soups and with fish. Our Thursday people will get Purple Ruffles basil. It is pretty used raw because of the color.

Canning tomatoes...I think Rick finally has enough tomatoes for those of you who are wanting to can. With the intense heat, Rick has a lot of cracked tomatoes and tomatoes with blemishes that are great for canning. He has a large supply of these available at a great price. You can email Rick at <mailto:mail@lattinfarms.com> and let him know if you would like to order a case. He can then drop them off on Tuesday or Thursday for you to pick up.

For those of you interested in a canning class, we are looking at a Saturday in Fallon, possibly September 20. We will let you know all of the details as soon as possible. Watch the website for more information, the date and how to sign up.

A note from Pauline: For those of you who chose a payment plan, a quick reminder that we are approaching the end of the season and you should soon be sending in your final payment. If you have already

done so, thank you. We greatly appreciate your support for local sustainable family farms and look forward to growing for your family next season.

There are a few more subscriptions available for the fall basket. If you are interested, send an email to Pauline at greatbasinbasket@yahoo.com. We have had a great response for the fall season. Thanks to all of you!

Also, one last item: thank you for getting your boxes returned. We appreciate your support and your help in keeping the costs down. As we all know, everything costs more these days!!

Have a good week!

Tina

Recipes

Here is a wonderful recipe shared by one of our members. Thank you, Cheri, for sharing. I highly suggest you go to this website for more recipes. It is a kick!! Great pictures too!!
www.smittenkitchen.com

Ratatouille's Ratatouille (Yes, from the movie!!) "rat-a-too-ee-for-you--ee"

1/2 onion, finely chopped
2 cloves garlic, thinly sliced
1c. tomato puree; 2 tbl. olive oil, divided
1 small eggplant (your small Japanese is perfect); 1 smallish zucchini
1 smallish yellow squash
1 longish red bell pepper (or green)
few sprigs fresh thyme (or dried)
salt and pepper to taste
Few tablespoons soft goat cheese, for serving (optional)

Preheat oven to 375. Pour tomato puree into bottom of an oval baking dish, approximately 10" across the long way. Drop the sliced garlic cloves and chopped onion into the sauce, stir in one tablespoon of the olive oil and season the sauce generously with salt and pepper.

Trim the ends off the eggplant, zucchini and yellow squash. As carefully as you can, trim the ends off the red pepper and remove the core, leaving the edges intact, like a tube.

On a mandolin, adjustable blade slicer or with a very sharp knife, cut the eggplant,

zucchini, yellow squash and red pepper into very thin slices, approximately 1/16 inch thick.

Atop the tomato sauce, arrange slices of prepared vegetables concentrically from the out edge to the inside of the baking dish, overlapping so just a smidgen of each flat surface is visible, alternating vegetables. You may have a handful leftover that do not fit.(if you have access to a computer, the picture of this is a must see!)

Drizzle the remaining tablespoon olive oil over the vegetables and season them generously with salt and pepper. Remove the leaves from the thyme sprigs with your fingertips, running them down the stem. Sprinkle the fresh thyme over the dish.

Cover dish with a piece of parchment paper cut to fit inside. (Tricky, I know, but the hardest thing about this.)

Bake for approximately 45-55 minutes, until vegetables have released their liquid and are clearly cooked, but with some structure left so they are not totally limp. They should not be brown at the edges, and you should see that the tomato sauce is bubbling up around them

Serve with a dab of soft goat cheese on top, alone, or with some crusty French bread, atop

polenta, couscous, or your choice of grain.

Tomato Rice Soup with Garlic and Herbs

3 tbl. olive oil
1/2c. garlic, cloves halved
1 small onion, minced
2 1/2c. petite cut tomatoes
3c. chicken stock
1c. water
1/3c. long grain rice
3 tbl. chopped parsley, or dried parsley
1 tbl. mixed chopped fresh oregano, thyme
and basil (or use dried)
1tbl red wine vinegar
1/4c. Zinfandel
salt and pepper to taste

In a heavy saucepan over low heat, warm olive oil. Add the onion and sauté until tender, about 5 minutes. Add the garlic and cook about 1 minute longer. Add the tomatoes, chicken stock and water and simmer, uncovered for 10 minutes. Add the rice and herbs and continue to simmer uncovered, until the rice is just cooked, 25–30 min. longer. Add the vinegar, red wine and salt and pepper to taste. Simmer for 2 minutes. Serve.

Note: I love to add chopped up Swiss chard at the very end and cook for only a couple of minutes. One bowl meal!

I just received this book as a gift and the person that gave me the book actually made the recipe from it. It was very good. Here it is:

Three-Day Slaw

1c. cider vinegar
1/4c. sugar
1 tsp. dry mustard
1 tsp. celery seeds
1 1/2tsp. salt
1c. oil
1 small cabbage, shredded
1 small onion, chopped fine
1 pepper, chopped fine
1c. shredded carrot

In a small saucepan over medium heat, combine the vinegar, sugar, mustard, celery seeds, and salt. Bring to a boil, stirring until the sugar is dissolved. Remove from the heat and add the oil. Cool until just warm to the touch, about 30 minutes.

In a large bowl or re-sealable food storage bag, combine the cabbage, onion, bell pepper, and carrot. Pour the warm dressing over the cabbage mixture. Cover and marinate for 8 hours, refrigerated, up to three days.