



Down on the Farm Notes: September 1st & 3rd, 2009

Hi everyone,

As you may have noticed, our days are getting shorter. Fall is knocking at the door! It was obvious a few mornings ago as we walked our fields. Early in the morning before the sun peaks over the mountains and while the dew is still on the plants is a special time of the day. The workers are just beginning to trickle in. There is casual talk. A few of us will be walking and stretching, trying to wake up our tired muscles from the many hours of picking from the day before.

The dew droplets on the spiders web of the tomato plant sparkle in the increasing light. As you focus in on the spider, you suddenly see all of the fruit still hanging from the plants. As you walk further into the field you find orange peeking out from under the leaves of the pumpkin plants. The winter squash are maturing and are ready to begin making their way into the barn for storing for the next couple of month's deliveries. The first corn plants are beginning to dry up and their leaves rustle in the breeze. And as you stand out in the middle of your field, soaking in the fruit of your labors and enjoying the fresh

morning air, a flock of Canadian geese fly overhead. Their honking lasts for half a minute and then dies away into the distance. As you leave the field, you turn for 1 more look. What were once neat and tidy straight rows of seedlings are now, lush overgrown green bushes and vines. No resemblance of straight rows here. It is a thrill to be surrounded by all of the plants with their vines loaded and sprawling everywhere. It is time to get back to work. You drive off with a feeling of contentment and thanksgiving. You are happy to be able to work in the soil and to be able to farm. You are happy with this moment in life.

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

- * Eggplant
- * Zucchini
- * Tomatoes
- * Chard (Tues., then Thurs. next week)
- * Cucumbers
- * Basil
- * Raspberries
- * Melons
- * Peppers

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

- * Peaches
- * Raspberries (Organic)
- * Melons (either a Sugar Nut or a Sun Jewel) (Organic)
- * Cherry Tomatoes (Organic)

Don't forget -the Hearts of Gold Cantaloupe Festival happening this Labor Day weekend in Fallon.

Just a quick reminder that Pauline is gone this week. If there is an emergency, Tuesday subscribers can call Dawnne at 324-3936. She will return your call Wednesday morning unless you indicate that it's okay to call you back at 9pm Tuesday night. Thursday subscribers can call Sherry at 560-5989. (These women are graciously volunteering their time and "holding the fort down" so to speak while Pauline is gone. Please only contact them if there is something urgent.)

Oh yes, and one more "little big" detail.... don't forget to return your BOXES!!!!

Enjoy the upcoming 3 day weekend.
Happy cooking!!!

Tina

Recipes

Sweet and Sour Zucchini

- 3 small to medium zucchini, cut into 1/2" slices
- 1 pepper
- 1/4c. olive oil
- 2 tbl. vinegar
- 2 tbl. sugar
- 3 tbl. chopped fresh basil

If you have the time, combine the zucchini and 2 tsp. salt in a colander. Toss to mix and set aside to drain for 30 minutes.

Transfer the zucchini to a clean dish towel and wring dry. In a large skillet, heat the oil. Add the zucchini and pepper and sauté until lightly colored and softened, about 5 minutes.

Using a slotted spoon, transfer the zucchini to a serving bowl. Add the vinegar, sugar, basil, and salt and pepper to taste to the oil in the skillet.

Simmer for 3 minutes. Pour the sweet and sour sauce over the zucchini and serve.

Vegetable Lasagna

1/4c. olive oil
1 or 2 small eggplant, peeled and diced
8 oz. mushrooms, sliced
1 each of medium sized summer squash and zucchini, diced
4c. well seasoned tomato sauce
4 cloves garlic, minced
1 lb. ricotta cheese
1 egg, slightly beaten
2 tbl. chopped fresh basil
12 cooked lasagna noodles
1 lb. mozzarella cheese, grated
1 c. freshly grated Parmesan cheese

In a large skillet or Dutch oven, sauté the eggplant until juicy and tender, about 8 minutes. Add the mushrooms. Sauté until they give up their juice, about 8 minutes. Add the squash and sauté until almost tender. Pour in the tomato sauce. Add half of the garlic. Salt and pepper to taste.

Combine the ricotta, egg, and basil in a bowl. Mix well.

To assemble the lasagna, spread about 2c. sauce in a 9x13 baking dish. Place three lasagna noodles over the sauce. Spread a third of the ricotta mixture evenly over the noodles. Top with 1 1/2c. sauce.

Sprinkle with a 1/4 of the 2 cheeses. Repeat until ingredients are gone. Sprinkle top with remaining cheese, cover and bake at 350 degrees until hot through, about 30 minutes.