



## Down on the Farm Notes: September 15<sup>th</sup> & 17<sup>th</sup>, 2009

Once upon a time, there was a pumpkin:  
a big beautiful orange pumpkin.

It wasn't a pretty orange pumpkin to begin with, though. It was a seed that was delivered on the UPS truck directly to the farmer's home. Much thought had already been put into this little pumpkin before arriving, like where was it going to be planted? The farmer went out months before to make a nice cozy bed of manure and compost. Come spring it would be planted into a seedling tray and then transplanted into the soil in long rows in the middle of a field. The vines would need to be moved by hand as they grow to be a big beautiful vine full of little green balls. One day it had grown so much that the pumpkin came peeking out from all the leaves.

Then one day, an unexpected guest showed up in the early morning hours on the farm. Jack Frost! He went roaming through the garden kissing the leaves with frost. A few days later the leaves of the plant wilted and withered. Suddenly out in the wide open field was a totally exposed and beautiful orange pumpkin.

One fall day the pumpkin was discovered by a little 2nd grade girl. It was picked and taken home to sit so pretty on the counter. One evening when special company was coming over, it was made into a beautiful pumpkin pie. At the same time, miles away, the farmer was following the same ritual. Before the farmer takes his first bite, he thinks back of the first day of planting pumpkins and how far the seed of this pumpkin came. Mmmm, fresh pumpkin pie! Another wonderful experience of garden treasures.

I know this sounds funny, but we farmers really do become attached to what we grow. After all, we get to know it pretty well after being responsible for it from seed to the pie plate. While doing those tedious chores like weeding, we let our dreams wander. I dream of the pie that this pumpkin plant is going to grow some day. What holiday or special occasion will it be used for? What special memories will it create? I know this sounds crazy, but it really does matter, for a lot of sweat went into growing this pumpkin. We want it to have a happy ending! We want you to enjoy it as much as we did growing for you.

Won't be long now the 1st sugar pie pumpkin will show up some day all bright and orange in your boxes. Rick is beginning to pick winter squash. The peppers are all turning color at once. How beautiful are these autumn days!

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

- \* Eggplant
- \* Green tomatoes (Yes, the kind you make fried green tomatoes with. Thought you should at least try it once.)
- \* Cucumber
- \* Pepper
- \* Mixed greens
- \* Onion
- \* Melon

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

- \* Peaches for Tuesday and Nectarines for Thursday
- \* Raspberries
- \* Nevada grapes (Remember these are local grapes not grown for commercial purposes. They will be less perfect than their store counter parts. Enjoy!)
- \* Plums/Pluots

**A few reminders:** Please let us know, if you haven't already, if you plan to continue with the fall basket. We are working on delivery logistics. Also signing up right now would be advantageous because there will

be a late fee for signups after the end of September. We are all planting right now trying to get ready for the fall deliveries and it would be nice to know soon as to how many signups we will have. Thanks for letting us know as soon as possible.

Also, don't forget the potluck (A Day on the Farm) at Lattin Farms in Fallon, Nevada. This little event will be held Saturday, September 26. The farm opens at 10:00 in the morning. You are free to spend the entire day if you so choose. The maze will be open. Goat days and the grand opening of the pumpkin patch will also happen during this day. Plan to come out for the day and help the Lattin Family celebrate their 100th anniversary on the farm. The maze is actually dedicated to Rick's parents. The corn maze this year is the picture of Rick's parent. I wish we could all see it from the air. If any of our customers do any flying, let me know. It would be great for all of us to be able to see an aerial view. Wouldn't that be a cool picture to put on our web site? Hmmm, will have to ask Rick if it is possible. Watch for more details next week in the newsletter about the Day on the Farm!

Have a great week.

*Tina*

## Recipes

### Fried Green Tomatoes

1 lb. green tomatoes  
1 c. buttermilk  
1 tsp. hot pepper sauce  
3/4c. dry polenta  
2 tsp. salt  
1 tsp. pepper  
Oil for frying

Preheat oven to 200. Line a baking sheet with parchment paper. Heat 1/4" oil in a large sauté pan over medium heat until cornmeal grains sizzle when dropped into the oil.

Combine buttermilk and hot pepper sauce in a bowl; set aside. Stir together cornmeal, salt, and pepper in a shallow dish; set aside.

Dip tomato slices into buttermilk mixture; let excess drip off. Dredge slices in polenta, coating both sides. Fry coated tomatoes in oil in batches until golden, about 3 minutes per side. Transfer tomato slices to the prepared baking sheet and keep them warm in the oven.

### Zucchini Pizza Bites

2-3 summer squash, cut into 1/2" rounds  
salt and pepper  
olive oil  
2/3c. well seasoned tomato sauce  
1/4c. freshly grated Parmesan cheese  
4-6 mushrooms, sliced  
6-8 olives

Brush both sides of zucchini slices with oil and arrange on a baking sheet. Sprinkle with salt and pepper to taste.

Roast for 7 minutes, or until tender when pierced with a fork. Meanwhile, in a small bowl, combine the tomato sauce, mozzarella, and Parmesan. Add salt and pepper to taste. Spread one spoonful of the sauce mixture on each zucchini slice.

Top each zucchini slice with one mushroom slice and one olive slice. Return the baking sheet to the oven and roast until the cheese is melted and the sauce is heated through, 2-3 minutes.

Serve hot.

## Eggplant Focaccia

1 medium eggplant, cut into 1/4" thick slices  
coarse salt  
all purpose flour, for rolling  
1 ball (1 lb.) homemade or store-bought pizza dough  
2 tbl. fine cornmeal  
6 tbl. olive oil  
1 c. shredded cheese  
2 tbl. chopped fresh oregano

In colander, toss eggplant with 1 1/2 tsp. salt. Let stand 30 minutes. Press slices between a double layer of paper towels to dry and set aside.

Preheat oven to 400; place a rimless baking sheet or inverted rimmed baking sheet in oven. On a floured surface, roll out dough to 1/2" thickness. Sprinkle cornmeal on another baking sheet or inverted rimmed baking sheet or lightweight wooden board; top with dough (you will transfer it onto the preheated sheet to cook).

Brush dough with 3 tbl. oil and sprinkle with 1/2c. cheese. Layer on eggplant; top with 3 tbl. oil, oregano, and 1/2c. cheese. Let stand 30 minutes. Give sheet a gentle shake to ensure dough isn't sticking.

Carefully remove baking sheet from oven and slide focaccia onto sheet.

Return to oven and bake until bottom of focaccia is crispy and edges are golden, 20 minutes. Serve warm or at room temp.

## Zucchini Crudités with Three Dips

### Simple Curry Dip

1 c. plain yogurt  
1 tbl. curry powder  
salt and pepper to taste

### Blue Cheese Dip

1/c. buttermilk  
6 tbl. crumbled blue cheese  
1/4c. mayonnaise  
1/4c. chopped fresh parsley  
2 small cloves of garlic

### Cottage Cheese Dip

1 carton cream style cottage cheese  
1 tbl. chopped fresh chives  
1/2tsp. hot pepper sauce

### Crudités

3 lbs. assorted bite size fresh vegetables

To make the curry dip, combine the yogurt and curry powder and mix well. Add salt and pepper to taste. Transfer to a serving bowl. (Recipe continues on next page)

To make the blue cheese dip, combine the buttermilk, blue cheese, mayonnaise, parsley, and garlic in a blender or food processor. Process until smooth and thickened. Transfer to a serving bowl. To serve, arrange the bowls of dips and raw vegetables on a serving platter. (Use zucchini, tomatoes, carrots, celery, cucumbers, etc.)

### Barley Risotto with Eggplant and Tomatoes

6c. diced eggplant  
1 pint cherry tomatoes  
3 tbl. olive oil, divided  
1/4 tsp. black pepper divided  
5c. chicken broth  
2c. water  
1 1/2c finely chopped onion  
1c. uncooked barley  
2 tsp. minced garlic  
1/2c. dry white wine  
1/4 tsp. salt  
1/2c. crumbled soft goat cheese  
1/4c. thinly sliced fresh basil  
1/4c. pine nuts, toasted

Combine eggplant, tomatoes, 2 tbl. oil, and 1/4 tsp. pepper in a bowl; toss to coat. Arrange mixture in a single layer on a jelly roll pan. Bake at 400 for 20 minutes or until tomatoes begin to collapse and eggplant is tender.

Combine broth and 2c. water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.

Heat remaining 1 tbl oil in a large nonstick skillet over medium high heat. Add onion to pan; sauté 4 minutes or until onion begins to brown. Stir in barley and garlic; cook 1 minute. Add wine, cook 1 minute or until liquid almost evaporates, stirring constantly. Add 1 c. broth mixture to pan; bring to a boil, stirring frequently. Cook 5 min. or until liquid is nearly absorbed, stirring constantly.

Add remaining broth mixture, 1 c. at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 40. total.)

Gently stir in eggplant mixture, remaining 1/4 tsp. pepper, and salt. Top with cheese, basil and nuts.