



## Down on the Farm Notes: September 22<sup>nd</sup> & 24<sup>th</sup>, 2009

Hi everyone,

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

- \* Eggplant
- \* Tomatoes
- \* Cucumber
- \* Peppers
- \* Lettuce
- \* Onion
- \* Melon
- \* Parsley

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

- \* Raspberries from Rick Lattin
- \* Peaches from Chris Bierwagon
- \* NV green grapes from the Coran family
- \* Red grapes from Boggeri Farms

**Don't forget** our day on the farm in Fallon at Lattin Farms on September 26. Check out our website later for more information. This is a great day to take the family out to the farm and enjoy all of the fall activities.

Did you know?

Ban the Bottle

Bundanoon is an Australian town of 2,500, which recently became the first community in the country (possibly the world) to ban the sale of bottled water.

It all started a few years ago when a Sydney company announced plans to build a water extraction plant in the town. Bundanoonians were irate at the idea of an outsider taking their water, trucking it to Sydney for processing, then trying to sell it back to them. The town is still fighting the proposal in court. They decided to do the green and economic thing. Ironically, only hours earlier, the premier of New South Wales announced that state agencies and departments would no longer buy bottled water, calling it a waste of money and natural resources.

Bundanoon campaign organizer Jon Dee hopes that their action will jolt people's memories to make them remember when they got along quite well without ever having heard of "bottled water."

## Organic Trends in the UK

People are eyeing their patios, balconies and window boxes and seeing the potential for food production. Sales of vegetable seeds are higher than flower seeds for the first time since World War II. The garden movement got a lift from Michelle Obama, and now England's queen Elizabeth has been developing the "Yard Bed" at Buckingham Palace. Both have opted to grow organic.

Trends show consumers turning away from organic and Fair Trade food, but sales are still better than expensive ready-meal lines. Sales of organic produce at farmers markets and boxes delivered to people's homes appear to be recession-proof, which speaks volumes about people's loyalty and commitment to organic food when it's direct from the producer and affordable.

Have a great week.

*Tina*

## Recipes

### Bulgur, Onion, and Parsley Salad

Soak 1c. coarse bulgur in 2c. hot water until tender, about 30 minutes. Drain thoroughly in a fine-mesh sieve. Transfer to a medium bowl and refrigerate until cool.

Meanwhile, in a medium skillet, heat 2 tbl. olive oil. Add 1 medium onion, thinly sliced, and 1 tsp. ground cumin; season with coarse salt and ground pepper. Cook stirring occasionally, until onion is golden, about 6 minutes.

To bulgur, add onion, 3 tbl. fresh lemon juice, 1/2c. chopped fresh parsley and 1 garlic clove, minced; season with salt and pepper.

### Roasted Tomatoes (for the freezer)

Take any excess tomatoes you don't want to eat fresh this week. Cut them in 1/4's or if small tomatoes, just in half. Drizzle with salt and olive oil., and a little garlic. Roast until tender. Let cool and then place in a bag and freeze. This winter when you are craving fresh tomatoes, pop these out and add them to pasta, or any kind of a sauce or salad dressing when you want the flavor of fresh tomatoes.

## Basic Roasted Eggplant

Preheat oven to 475. Cut eggplant into 1" cubes; divide between two rimmed baking sheets. Dividing evenly, drizzle with 3 tbl. olive oil, 1 tbl. coarse salt, and 1/2 tsp. ground pepper; toss to coat. Spread in a single layer; roast, turning once, until golden and tender, 25-30 minutes. Cool on sheets.

## Eggplant Salad with Tomatoes

In a large bowl, whisk together 3 tbl. white wine vinegar, 2 tbl. olive oil, 1/2 tsp. coarse salt, and 1/4 tsp. ground pepper. Add 1 recipe Basic Roasted Eggplant, along with 1 pint small or cherry tomatoes and torn fresh basil leaves or chopped fresh parsley.

## Tomatoes Provencal

Preheat oven to 400. Lightly oil a 2 qt. baking dish. In a bowl, combine 1 1/2c. fresh plain breadcrumbs, 1/4c. grated Parmesan, 1 tbl. finely grated lemon zest, leaves from a few sprigs fresh thyme, and 2 tbl. olive oil; season with coarse salt and ground pepper.

Arrange 4 tomatoes, cut into 1/3" slices, in prepared baking dish, overlapping, slightly season with salt and pepper. Top with breadcrumbs mixture.

Bake until tomatoes are tender and crumbs are golden brown, 15-20 minutes.