

Down on the Farm Notes

"How sweet I roamed from field to field, and tasted all the summer's pride." By William Blake

This is a quote I just read in the July/Aug. issue of Victoria magazine. And how true it is. If you could walk by our side in the early morning hours before the sun comes up, you would truly experience "the rewards of farming." In the cool hours we will snap a cucumber to munch on. We are anxiously awaiting the next batch of carrots and pull the tiniest of them from the fresh earth. We are happy they have more size to them from the last time we pulled them but we are still impatient for them to be ready. We swipe once with our hand and into our mouth they go. We check the green beans. We repeat the whole process through a small patch of greens, maybe a broccoli and then onto the tomatoes. We pick a handful of cherry tomatoes and pop them in our mouth as we discuss what is on the list of things to do today. Then we hit our final field, the melons with the last of our morning walk ending in dessert; the row of raspberries. The sun is coming up now, the melons are cool and crisp as we cut into a new variety to check if they are ready to pick. It is sweet and we have sticky hands when we are finished. Then we go our separate ways and the day's work begins. How lucky we are. But we are so busy at the moment and concerned about what is growing well and what is not, what needs water, what needs weeding, that we sometimes don't realize how lucky we are to be doing what we do. So as I read this quote, I took it to heart and realized how sweet it is to go from field to field tasting summer's pride. I hope you enjoyed last week's box. It was packed full of summer's bounty.

This week in the box:

Full box

Basil: Purple Ruffles(similar to Italian but purple)

Carrots/Beets (some with tops, some without) Tomatoes: Early Girls and Sun Gold Cherry tomatoes

Tomatoes: Early Girl and Sun Gold Cherry tomatoes Corn

Corn

Dill

Mixed squash

Slicing Cucumber

Melon

Watermelon (Mickey Lee or Yellow Doll)

Shallots

Lemon Cucumbers

Green Beans(Green bean or Golden Italian)

Lite Box

Basil: Sweet Italian

Tomatoes: Early Girls and Sun Gold Cherry tomatoes

Corn

Dill

Mixed squash

Slicing cucumber and Armenian cucumber

Melon

Watermelon (Mickey Lee or Yellow Doll)

Shallots

Green Beans(Green bean or Golden Italian)

Another great treat and such a surprise! Green beans!! You will either receive Jade (green beans) or you may receive Golden Italian Beans which are yellow. Enjoy! I found a wonderful recipe this past week for Blueberry cucumber smoothies. It sounds refreshing. I have included the simple recipe in the newsletter. Well, the time is finally here, we have enough tomatoes for the basket. They are small Early Girl tomatoes though but still so enjoyable. The Sun Gold tomatoes are some of our favorite cherry tomatoes. Some of you will receive a Mickey Lee watermelon which is a light green without any stripes and is a red fleshed melon. Some of you will receive the Yellow Doll which is small and has yellow flesh. The shallots come from Bill Mewaldt here in Fallon. Shallots are great in salad dressings and used as you would an onion or even garlic. Enjoy them. They are an extra special treat. Bill is the local garlic/shallot grower. He is also a seed producer. He is a meticulous grower and loves to breed different varieties of tomatoes. His seeds are available at the Great Basin Co-op. Thanks! Enjoy!

Tuscan Chicken Frittata

8 eggs
1/4c. Parmesan cheese, divided
8oz. pkg. cream cheese, softened and cubed
1/2c. whipping cream
1/2c. minced basil
1/2 tsp. salt & 1/4 tsp. pepper
1/3c. oil packed sun dried tomatoes, chopped
1 c. shredded chicken

In a large bowl, whisk the eggs, cream, basil, 2 tbl. Parmesan cheese, salt and pepper. Stir in cream cheese and sun dried tomatoes. Heat a 10" ovenproof skillet coated with oil. Pour in egg mixture. As eggs set, lift edges to allow uncooked portion to flow underneath. Cook for 3-4 minutes or until frittata begins to set. Sprinkle with chicken and remaining Parmesan cheese. Bake, uncovered, at 400 for 15-20 minutes or until eggs are completely set. Let stand for 5 minutes. Cut into wedges.

Easy Garden Tomatoes

3 tomatoes, thinly sliced
1/4c. red wine vinegar
1 1/2 tsp. fresh or dried oregano
1 red onion, thinly sliced
2 cloves shallots, sliced
3/4 c. crumbled feta cheese
1/3c. olive oil
1 tbl. Basil, chopped
1 can sliced ripe olives, drained

Arrange tomatoes and onion on a serving platter. Whisk the oil, vinegar, shallots, basil and oregano; drizzle over salad. Top with cheese and olives. Chill until serving.

Fire Island Ziti

2 lbs. tomatoes, halved
3 tbl. Olive oil, divided
2 cloves garlic, minced
1 tsp. salt
8 oz. uncooked ziti
2c. fresh broccoli florets
1 lb. Italian sausage links, cut into 1/2" slices
1/2 tsp. crushed red pepper flakes
1/3c. Parmesan cheese.

Toss the tomatoes with 2 tbl. Olive oil, garlic and salt. Place in a baking pan. Bake at 450 for 20-35 minutes or until tender. Chop when cool enough to handle. Cook ziti according to directions, adding broccoli during the last 4 minutes. Meanwhile in a large skillet, cook sausage in remaining olive oil until no longer pink. Add pepper flakes; cook 1 minute longer. Stir in tomatoes and heat through. Drain ziti. Mixture; toss with sausage mixture. Sprinkle with cheese.

Cucumber/Blueberry Smoothie

1 whole slicing cucumber
2c. fresh or frozen blueberries
1c. apple juice or water
2c. cubed ice

Combine altogether in a blender. Blend until the right consistency. Sounds very refreshing!!!

Italian Cucumber Salad

Combine 2 sliced cucumbers, 1 c. halved cherry tomatoes, 1 c. sliced red onion, a couple chopped shallots and 1/2c. chopped green pepper with 1/2c. Italian dressing