

Down on the Farm Notes

Sunday morning dawns with a slight breeze that rustles the leaves in the trees. The clouds begin to drift in and the outside temperatures continue to drop. It is cool in the house from the cool night. But the kitchen soon becomes a cozy kitchen. The chopping begins and there is life in the kitchen. Soon all four burners of the stove have large pots full of tomatoes, onions and basil. It doesn't take long before the kitchen smells so incredibly good. I step outside for a moment and you can smell the rain that is coming our way. The sky is a little darker. I walk back in and I am suddenly back in my grandmother's kitchen. My brother and I would be outside playing in the fresh air and then I can remember so clearly walking into a steamy kitchen with the wonderful smells of tomatoes and onions cooking away on the stove. I can hear the pots boiling away and the noise of the jars dancing in the hot water bath. What good times those were. My grandmother would spend many days in the summer canning, freezing and pickling. I loved walking down the crooked cellar steps and just standing there taking in all the shelves of pretty jars in rows.

I drag my feet every year and put off canning. Then all it takes is the first cold spell and I am reminded that the end of summer and all of its bounty is soon coming to an end again for one more year. So to the kitchen I go today along with my mom. It is so exciting to see so many of you try your hand at canning for the first time this year. Hats off to your adventurous spirit!!! Many thanks to all of you that ordered cucumbers. Also the response for the canning tomatoes is incredible. We hope to keep filling those orders for the next 2-3 weeks. So if you want to try homemade tomato sauce or try a batch of your favorite salsa, give us a call on the farm. It is that time of the year to enjoy the abundance of tomatoes.

Full Box

Mixed squash
Armenian cucumbers
Lemon Cucumbers
Eggplant
Peppers
Tomatoes (slicing and cherry)
Garlic chives
Green Beans
Onion
Corn

Lite Box

Mixed squash
Armenian cucumbers
Eggplant
Peppers
Tomatoes (slicing and cherry)
Garlic chives
Green Beans
Onion
Corn

Hope you enjoy the garlic chives. This is the time of year they go to flower and they are a beautiful site to see in the garden. But they are also a delicacy and a treat to eat. Take the flowers and add them to anything you would garlic. Sprinkle them on your green beans before serving, add to salads, potatoes, you name it. They are full of intense garlic flavor. I learned something this weekend that I didn't really give much thought. Some of you are not too fond of green beans. Maybe I have been overloading you with beans and I am sorry. It is such a treat this year to have beans and they are some of my favorite things to eat in the summer and I just thought everyone else thought the same way. So for those of you not to keen on the bean, here are a few tips. Toss them in olive oil, salt, and with big chunks of garlic. Roast them in a fairly hot oven. Serve immediately. Ok if you don't like them steamed, then boil them until soft. Dress them with Italian dressing and again a little bit of garlic. Let them marinate in the refrigerator overnight and then serve with a salad or as a side dish. At the end of the week we have a lot of odds and ends left in the walk in. Carrots, beans, squash, cabbage, onions, basil, eggplant, peppers and corn. They all get thrown in together in a big pot. Let them simmer slowly on the stove for a few hours. Can add ground beef or sausage. Pour this over polenta or pasta. This is the best thing going!!!! Happy cooking!!!!

Green Bean salad with Mustard Crema

1 lb. fresh green beans, trimmed

1 ¼ tsp. salt, divided

1 ¼ tbl. minced fresh chives

2 ¼ tbl. crème fraiche

1 ½ tbl whole grain mustard

½ tsp. thyme

Black pepper to taste

3 tbl. sliced almonds, toasted

Cook beans until desired doneness with 1 tsp. of salt. Drain and plunge in cold ice water if you prefer crisp/tender beans. Drain and pat dry. Combine remaining ¼ tsp. salt, chives, and next 4 ingredients (through pepper) in a large bowl, stirring well with a whisk. Add beans to mustard mixture. Garnish with almonds.

Eggplant Crostini

1 lb. eggplant

1/4c. olive oil, divided

16 slices multigrain baguette

½ tsp. salt, divided

2 ½ tbl. fresh lemon juice, divided

¼ c. plain Greek yogurt

½ tsp. black pepper, divided

1 clove garlic, minced

1c. arugula (or can substitute with fresh basil)

1c. cherry tomatoes, quartered

1 oz. freshly grated Parmesan cheese

Slice eggplant into 1" thick slices; brush both sides evenly with 1 tbl. oil. Grill eggplant until tender. Place bread slices on grill until toasted on each side. Combine eggplant, 1/4tsp. salt, 1 tbl. juice, and next 3 ingredients (through garlic) in a food processor; pulse until coarsely chopped. Spoon about 1 heaping tbl. eggplant mixture on each bread slice. Combine arugula, tomatoes, and mint in a bowl. Drizzle with remaining 1 ½ tbl. juice and remaining 1 tbl. oil. Sprinkle with remaining ¼ tsp. salt; toss to coat. Divide salad mixture evenly among bread slices; top evenly with cheese. Yield:8 servings

Summer Squash and Corn Chowder

2 slices smoked bacon

3/4c. sliced green onions, divided

¼ c. chopped celery

1 lb. summer squash, chopped

1 lb. corn kernels

2 1/4c. milk, divided

1 tsp. thyme

½ tsp. salt and 1/4tsp. black pepper

1/4c. shredded extra sharp cheddar cheese

Cook bacon. Remove from pan, reserving 2 tsp. drippings in pan. Crumble bacon, and set aside. Add ½c. onions, celery, and squash to drippings in pan; sauté 8 minutes or until vegetables are tender. Reserve 1 c. corn; set aside. Place the remaining corn and 1c. milk in a blender; process until smooth. Add remaining 1 1/4c. milk, thyme, ½ tsp. salt, and pepper to blender; process just until combined. Add pureed mixture and reserved 1c. corn to pan. Reduce heat to medium; cook 5 minutes or until thoroughly heated, stirring constantly. Stir in 1/8 tsp. salt. Ladle soup into bowls. Top each bowl with bacon, onions and cheese. Serve with Bruschetta. Combine tomato, basil, olive oil, balsamic vinegar, garlic, salt; top toast with this. Yum!