

September 4, 2008

Hello friends,

We hope you all had a wonderful Labor Day weekend. We took the day off and got some much needed relaxation and rest for the fall harvest season. This week we're excited to announce that our watermelon are ripe and ready for eating!

In your box this week, besides watermelon, you'll find potatoes, beets, and kohlrabi, and some people will also find okra and/or artichokes. Enjoy the recipes we've included in this newsletter!

Have an excellent week!

Your dedicated farmers,

Tracy and Dick



We believe the only way to get produce fresher, is if you grow it yourself...or in our case, when you get it locally, from your neighbor's at Olden Produce.

MELBOURNE'S CAPER OF THE WEEK

Kitchen Signs

So this isn't Home Sweet Home ... Adjust

Martha Stewart doesn't live here

Ring bell for maid service. If no answer, do it yourself

I clean house every other day. Today is the other day.

If you write in the dust, please don't date it

I would cook dinner but I can't find the can opener

My house was clean last week, too bad you missed it

I came, I saw, I decided to order take out.

If you don't like my standards of cooking ...lower your standards.

Although you'll find our house a mess, Come in, sit down, converse. It doesn't always look like this: Some days it's even worse.

A messy kitchen is a happy kitchen, and this kitchen is delirious.

A balanced diet is a cookie in each hand

Thou shall not weigh more than thy refrigerator.

Blessed are they who can laugh at themselves for they shall never cease to be amused.

Countless number of people have eaten in this kitchen and gone on to lead normal lives.

My next house will have no kitchen ... just vending machines.

Id live life in the fast lane, but I am married to a speed bump.

Found online at <http://killsometime.com/jokes/Joke.asp?ID=80>.

FRIED OKRA AND POTATOES

- 1 lb young Okra pods
- 2 large potatoes
- 1 Onion
- 1/2 cup cornmeal
- 1 tbsp Salt.
- 2 pints ice water
- oil for frying
- salt and pepper for seasoning, to taste

Top and tail the okra pods, (i.e. cut off the ends.) Cut the pods into approximately 1/4 inch rounds. Peel and dice the potatoes into 1/2 inch pieces. Peel the onions and chop finely

Place the sliced okra into a glass or stainless steel bowl and sprinkle the salt liberally over the pods.

Cover the pods with the iced water, making sure that all the slices are under water. Place the bowl containing the okra and water in a refrigerator and leave for 2 or more hours.

Remove the bowl from the refrigerator and drain off the salt water. Place the

okra in a bowl and add the potatoes and chopped onion. Season the cornmeal with the salt and pepper

Place the sliced okra potato and onion mixture together with the seasoned cornmeal in a large plastic bag and shake until the vegetables are well coated with the cornmeal.

Heat some oil (1/2 inch deep) in a frying pan until it begins to shimmer. Place the vegetables in the pan and fry until the potatoes are done and the mixture has browned nicely.

Remove the okra and potato mixture from the oil, using a slotted spoon and drain on paper towels.

Serve hot as a side dish.

Found online at <http://www.africhef.com/Fried-Okra-and-Potatoes.html>.

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STUFFED ARTICHOKEs

2 medium artichokes
Lemon Juice
2 eggs
1/4 cup milk
3 tablespoons ketchup
1 cup dry bread crumbs
2 tablespoons minced fresh basil
2 tablespoons minced fresh parsley
1 garlic clove, minced
1 pound lean ground beef
1 (8 ounce) can tomato sauce
1/4 cup water



Rinse artichokes well; trim stem. Cut 1 in. off the top. Snip the tip of each leaf with a kitchen shears. Brush cut edges with lemon juice. Spread artichoke open. Using a small knife, carefully cut around center choke. Scoop out and discard the fuzzy center.

In a saucepan, place artichokes in a steam basket over 1 in. of boiling water. Cover; steam for 20-25 minutes or until crisp-tender. Invert on a paper towel to drain.

In a bowl, combine the eggs, milk, ketchup, bread crumbs, basil, parsley and garlic. Crumble beef over mixture and mix well. Stuff meat mixture into center of artichokes and between leaves.

Place in an ungreased 11-in. x 7-in. x 2-in. baking dish. Combine tomato sauce and water; pour over top. Cover and bake at 350 degrees F for 1 to 1-1/2 hours or until meat is no longer pink.

Found online at <http://allrecipes.com/Recipe/Stuffed-Artichokes-2/Detail.aspx>.

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KOHLRABI and APPLE SALAD with CREAMY MUSTARD DRESSING

1/2 cup heavy cream
2 tablespoons fresh lemon juice
1 tablespoon coarse-grained mustard
3 tablespoons finely chopped fresh parsley leaves
1/2 teaspoon sugar
2 bunches kohlrabi (about 2 pounds), bulbs peeled and cut into julienne strips, stems discarded, and the leaves reserved for another use
1 Granny Smith apple

In a bowl whisk the cream until it holds soft peaks and whisk in the lemon juice, the mustard, the parsley, the sugar, and salt and pepper to taste. Stir in the kohlrabi strips and the apple, peeled, cored, and diced, and combine the salad well.

Found online at epicurious.com.

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