

August 7, 2008

Hello CSA!

Can you believe that August has already begun, despite the fact that we've been seeing "Back to School" sales for the last two months? While the summer might seem to be beginning to wind down, our farm is producing in full force.

In your CSA box this week, you'll find carrots, beets, summer squash, cucumbers, broccoli, cauliflower, tomatoes, potatoes, and perhaps some corn if it's ready in time for pick-ups. We tried to pick recipes to include that combined at least two kinds of veggies from your box this week to make it more convenient for you. As always, when looking for quality recipes, we made sure these were voted among the best according to the website's user ratings.

As the fall slowly creeps up in the summer months, it is the perfect time of year to curl up with a good book (either in the AC or under a big oak tree at the park) and to disconnect with the world, or perhaps more aptly, to reconnect. Might we suggest a good ol' farm book [The Land Remembers: The Story of a Farm and Its People](#), by southwestern Wisconsin's own Ben Logan. It's a quick read and will leave you feeling utterly engaged and proud to be supporting locally grown organic produce. We were able to find it at our local library; yours probably has it as well. If you do get a chance to read this classic, we'd love to hear what you think about it.

Have a wonderful 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.

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Melbourne's Caper of the Week

"City Slickers and Watermelon"

Two farmers were having a great day at the local farmers' market. Farm trucks were loaded down with fresh, local produce and customers were in a buying mood.

But the mood changed when one farmer turned to his neighboring vendor with a disgusted look on his face. He said, "I just don't know what we are going to do about these city slickers. Especially the ones that come from the big city."

"What's wrong with city slickers?" asked the other farmer. "They are our best customers. Heck, that last fellow bought two watermelons from you didn't he?"

"Yeah I guess you are right," said the farmer. "But it just galls me every time I sell a watermelon to a city slicker. Especially when they ask me how to peel it."

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"You Don't Know Sheep"

"Johnnie."

"Yes, teacher."

"If there are twenty sheep in a field, and one gets out through a hole in the fence, how many sheep are left in the field?"

"None, teacher."

"Johnnie, there are still nineteen sheep left in the field. Obviously you don't know arithmetic."

"Sorry, teacher, but I do know arithmetic. Obviously you don't know sheep."

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If a cow laughed really hard.... would milk come out of her nose?

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Found online at http://www.onthefarmradio.com/Farm_Jokes.htm.

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CREAMY BROCCOLI AND CARROT SLAW

3 tablespoons mayonnaise
1 1/2 tablespoons fresh lemon juice
1 1/2 teaspoons grated onion
1 1/4 teaspoons coarse-grained Dijon mustard
1 1/4 cups shredded peeled broccoli stems
3/4 cup shredded peeled carrots

Combine mayonnaise, fresh lemon juice, onion and mustard in medium bowl; whisk to blend. Add broccoli and carrots; toss to coat. Season slaw to taste with salt and pepper. Refrigerate to blend flavors, about 20 minutes.

Found online at Epicurious.com, from *Bon Appetit*, July 1996.

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PARTY SQUASH SALAD

2 small zucchini, trimmed
2 small yellow squash, trimmed
1/4 cup fresh lemon juice
2 tablespoons extra-virgin olive oil
Salt and pepper, to taste
4 ounces shaved Parmesan cheese
1 large bunch of arugula, trimmed, washed and patted dry
1 large ripe tomato, cored
2 tablespoons chopped parsley

Cut the zucchini and yellow squash into thin slices diagonally; place in a bowl.

Whisk together the lemon juice, oil, salt and pepper; toss with the squash. Let rest for 15 minutes. Add the cheese.

Place the arugula in a bowl. Slice the tomato into thin wedges; scatter over the arugula.

Just before serving, spoon the squash and dressing over the arugula. Sprinkle with parsley and season with salt and pepper. Serve immediately, tossing at the table.

Found online at Epicurious.com, from *PARADE*, August 2001.

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CUCUMBER, TOMATO, AND PINEAPPLE SALAD WITH ASIAN DRESSING

1 large garlic clove
1/4 teaspoon salt
2 tablespoons fresh lime juice
1 tablespoon sugar
2 tablespoons vegetable oil
1 (2-inch-long) fresh serrano or jalapeño chili, minced, including seeds
1/4 to 1/2 teaspoon Asian fish sauce
1/2 cucumber, halved lengthwise, then thinly sliced crosswise
1/2 pineapple, peeled, quartered lengthwise, cored, then sliced crosswise 1/4 inch thick (2 cups)
1/2 cup coarsely chopped fresh cilantro
1/4 cup coarsely chopped fresh mint
2 medium tomatoes (1 lb. total), cut into 1/2-inch-thick wedges

Mince garlic, then mash to a paste with salt using side of a large heavy knife.

Whisk together lime juice and sugar in a large bowl until sugar is dissolved, then whisk in oil, garlic paste, chili, and fish sauce (to taste). Add remaining ingredients, tossing to coat, and add salt to taste.

Found online at Epicurious.com, from *Gourmet*, June 2006.

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BEET, CHICKPEA, AND ALMOND DIP

1 large (8-ounce) beet, peeled, cut into 3/4-inch cubes
1 cup drained canned garbanzo beans (chickpeas; from 15 1/2-ounce can)
3/4 cup extra-virgin olive oil
1/4 cup slivered almonds
5 garlic cloves, peeled
1 1/2 tablespoons (or more) red wine vinegar

Cook beet in medium saucepan of boiling salted water until tender, about 12 minutes. Drain; place in processor. Add garbanzo beans, 3/4 cup oil, almonds, and garlic. Blend until smooth. Add 1 1/2 tablespoons red wine vinegar and blend well. Season to taste with salt, pepper, and additional vinegar, if desired. Transfer

dip to medium bowl. Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.

Dip your favorite fresh vegetables or pita chips. Enjoy!

Found online at Epicurious.com; from *Bon Appetit*, June 2006.

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CAULIFLOWER STEAKS WITH CAULIFLOWER PUREE

1 1/2-pound head of cauliflower
1 1/2 cups water
1 cup whole milk
2 tablespoons vegetable oil plus additional for brushing

Preheat oven to 250°F. Using sharp heavy knife and starting at top center of cauliflower head, cut two 1-inch-thick slices of cauliflower, cutting through stem end. Set cauliflower steaks aside.

Cut enough florets from remaining cauliflower head to measure 3 cups. Combine florets, 1 1/2 cups water, and milk in medium saucepan, and sprinkle with salt and pepper. Bring to boil and cook until cauliflower florets are very tender, about 10 minutes. Strain, reserving 1 cup cooking liquid. Spread florets on large rimmed baking sheet, and bake 10 minutes until slightly dry. Transfer florets to blender. Add reserved 1 cup cooking liquid and puree until smooth. Return puree to same saucepan and increase oven temperature to 350°F.



Heat 2 tablespoons vegetable oil in heavy large ovenproof skillet over medium-high heat. Brush cauliflower steaks with additional oil and sprinkle with salt and pepper. Add cauliflower steaks to skillet and cook until golden brown, about 2 minutes per side. Transfer skillet to oven and bake cauliflower steaks until tender, about 10 minutes.

Reheat cauliflower puree over medium heat. Divide puree between 2 plates; top each with cauliflower steak.

Found online at Epicurious.com; from *Bon Appetit*, February 2008.

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CORN AND TOMATO SALAD WITH CILANTRO DRESSING

Combine in large bowl:

3 cups fresh corn kernels (cut from about 6 small ears of corn)
5 medium tomatoes, halved, seeded, chopped
2/3 cup finely chopped red onion

In blender, purée until smooth:

1/4 cup olive oil
1/4 cup chopped fresh cilantro
2 tablespoons chopped fresh mint
2 tablespoons white wine vinegar
1 tablespoon fresh lime juice
2 teaspoons (packed) golden brown sugar
1 garlic clove
Salt and pepper

Just before serving, pour dressing over corn mixture and toss.

Found online at Epicurious.com; from *Bon Appetit*, July 2006.