

# The Farm Weekly

VOLUME 8, ISSUE 15

BLUEBIRDHILLS@VOYAGER.NET

1 SEPTEMBER, 2006

## 3.5 INCHES OF RAIN DRENCHES FARM

Last week we wrote about the drier weather and this week we can't take the pickup truck into the fields for it will get bogged down in the mud. The tractor is the only way in and out of the fields. And while we would like to tell you about everything that is going on around the farm, there really is nothing much to report.

Ernesto is bringing us more moisture today, but after two years of drought, there is no way we are going to complain about too much rain!

Picking, obviously has to continue regardless of the weather, but on those gray rainy days when the picking can wait a bit, Tim has the guys get under the cover of the barn to clean the garlic that has been hanging there. Tim, then is in the barn repairing or modifying equipment or sharpening blades on the bushhogs.

The potato harvest has reached a temporary halt. The potato picker has

broken and its 50 something parts are a bit difficult to locate, so discussion tonight focused on the cost of patching and repair versus the cost of a new picker. With half of the harvest still in the ground, a decision will have to be made fairly soon. Smaller implements are not readily available with only 2 sources for single row pickers here in the United States.

You have eggplant in your boxes finally. We decided to wait until we had enough to give you two so that you could have enough for an "eggplant dish" such as parmesan. We grew two varieties, one that is the more familiar and one that is more round and pink.

Eggplant is very mild flavored and will take on the flavors of anything you cook it with. Eggplant doesn't keep well so use it within the next few days. Store it in a cool dry place, or in the veggie drawer of your fridge. It should not be eaten raw due to a toxic substance called solanine

that is eliminated when it is cooked. Eggplant also absorbs oil very well, but this can be avoided by salting it and squeezing out the moisture, or coating it with bread crumbs before frying. You can also bake it or broil it.

For recipes check

your cookbooks or the internet. We should have another eggplant distribution in 2 weeks.

Have a safe and restful Labor Day Holiday!

### Raspeety Vinaigrette

From member Enrique R.

**1 large Walla Walla Onion**      **Juice of ½ Lemon**  
**1 midsize beet raw chopped**      **1 tsp. Dijon Mustard**  
**1 tsp. roasted sesame oil**      **¼ cup water for blending**  
**⅛ cup water for mixing**

Put all of the ingredients except the mustard and ⅛ cup water in a blender and whip into a nice, pink, creamy textured sauce. Separately dilute the mustard with the ⅛ cup water and toss the lettuce salad into this mixture. The Dijon gives the dressing its raspberry flavor, but if you add the mustard to the blender, you don't get the pretty pink color.

### Gazpacho Catalán

**Also from Enrique:** He had to improvise this recipe after tasting this at some friend's home. The family was from Cataluna in the northeast part of Spain near Barcelona. The recipe serves 4 and is wonderfully creamy and smooth without dairy products!

**4 fresh plump Tomatoes— the juciest possible**  
**2 Tbsp.cold pressed, virgin Olive Oil**  
**4 slices stale bread or unsalted crackers**  
**1 clove fresh garlic**

**Fresh melon, scooped in the little balls, best is a mix of three: watermelon ,cantaloupe, and honeydew**

The stock should be made 6 or 7 hours ahead which allows the flavors to blend, and the bread to sponge out. Take all of the ingredients except the melon balls and place in a blender and give them a whirl until it is creamy. Refrigerate and when ready to serve, place the tiny melon balls in the bowl and pour the soup over them. If you like more crunch and texture in your gazpacho, serve the soup with vegetables that folks can add as a garnish to the side. You could chop up some sweet golden peppers, summer squash, hot peppers, cucumbers, cilantro, or tomatoes.

### This Week's Box

**Onions**  
**Tomatoes**  
**Peppers**  
**Lettuce**  
**Potatoes**  
**?Cantaloupe**  
**Eggplant**  
**Red Cabbage**

### Next Week

**Onions**  
**Lettuce**  
**Tomatoes**  
**Peppers**  
**Potatoes**  
**Greens?**  
**Summer Squash?**  
**Garlic**