

# The Farm Weekly

VOLUME 9, ISSUE 16

BLUEBIRDHILLS@VOYAGER.NET

21 SEPTEMBER, 2007

## NO HEADLINE THIS WEEK!

Sometimes it's this heat, the greens are tough coming up with a having a hard time keeping headline for the newsletter from bolting and going to each week, so that will be seed, which makes them the headline this go around. bitter tasting.

It sure doesn't feel as though fall will be here you receive from us are this weekend. The walnut vulnerable to wilting. Us-trees along the lane are ally they can be revived giving up their leaves and with a nice cool drink of wa-nuts, while the crows wait ter. Trim a little bit off the for the cars to break the ends of each stem and husks giving them a chance place them in a glass of at the meat inside that is cool water. normally reserved for the squirrels.

The heat is helping maintain the tomato crop although it is slowing down a little bit. The cooler nights are probably keeping them from ripening as quickly as they did a few weeks ago. The good news is that there are plenty of green toma-toes for the fried green to-matoes that some folks en-joy so much.

Finally Tim has some greens in the box that he had hoped to have in the first boxes. Even now with

All of the greens you receive from us are this weekend. The walnut vulnerable to wilting. Us-trees along the lane are ally they can be revived giving up their leaves and with a nice cool drink of wa-ter. Trim a little bit off the ends of each stem and place them in a glass of cool water.

To store, rinse the leaves, pat dry and place in an open plastic bag in the crisper of your refrigerator. They will keep there for several days. Make sure they aren't water logged for the excess moisture will make them rot. Tim's mom always placed a damp pa-per towel in bags of cleaned lettuce leaves keeping them fresh and crisp.

Greens such as the komatsuna can be treated just like spinach. In other words, you can eat it raw by tearing the leaves into bite

sized pieces. You can braise them which is a cooking technique where you wilt the leaves in melted butter in the skillet and then add some stock or water so that the greens are just covered and cook for just 3 or 4 minutes. As with spinach, what looks like a huge portion will quickly shrink to a very small quantity.

One recipe book suggested taking greens braised in stock and a dash of wine and cooked with some fresh garlic. The greens are placed atop bruschetta, toasts made from 1/4 inch slices of French bread brushed with olive oil. A sprinkle of freshly grated parmesan cheese will make these a wonderful hors d'oeuvre.

If you don't want to braise, you can stir fry or sautee, or you can just toss the pieces into a soup pot. Whatever the green, they can all be treated the same way.

If you are in a hurry, you can cook your greens quickly in the micro-wave. Rinse the leaves clean and shake off the excess moisture. Place them in a tightly covered micro-wavable dish and cook on high for about 2 or 3 minutes. Leave them to stand with their cover on for another 2 or 3 minutes and then season and serve. How easy is that?

For those of you

A Cool Drink !



who missed the Open House earlier in the summer, you can take advantage of another chance to come to the farm on the weekend of September 29th and 30th. This has been declared National Alpaca Farm Day.

The farm will be open from 11:00 to 5:00 both Saturday and Sunday. We won't have the horse drawn wagons or the grill fired up, but you are free to come for a visit and walk around the farm to see what is left of the vegetables.

Thanks to those of you who made it out to the Woolgathering. On Saturday alone, 3000 folks walked through the tents. This has become one of the premier fiber events for this part of the country and it was fun to meet some of our customers there.

Have a great week-end and enjoy this prolonged summer weather.

### *This Week's Box*

**Onions**  
**Mustard Greens**  
**Acorn Squash**  
**Tomatoes**  
**Green Peppers**  
**Potatoes**  
**Beets**  
**Spaghetti Squash**  
**Lettuce**  
**Komatsuna**

### *Next Week*

**Lettuce**  
**Onions**  
**Tomatoes**  
**Eggplant?**  
**Green Peppers**  
**Komatsuna**  
**Potatoes**  
**Delicata Squash**  
**Eggplant**  
**Garlic**  
**Spinach**