

The Farm Weekly

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FANTASTIC FENNEL FOR FUN FARE

Next to kohlrabi this is one of the most unusual vegetables you will find in your boxes. Fennel is layered like an onion, but has the aroma of anise or licorice. It has leaves like dill, and stems reminiscent of celery. In Italy this is known as finocchio, or Florence fennel.

All parts of this plant are edible (except maybe the roots). Fennel doesn't store well, so you should use this in the next couple of days.

To store it, trim off the tops leaves and stem and place in an airtight container. You can use these to garnish a plate, or to flavor soups or stews. The dill-like leaves can be dried and saved for later flavoring.

The bulb can be cleaned with a vegetable brush and the strings removed, just as you do for celery. You can then cut the bulb end of the stalks into wedges about an inch wide and use them for dipping or to stir fry, or tossed in a

salad.

To store the bulb until you use it, put it in an airtight container with a little bit of moisture to keep it moist and keep it from getting tough.

The cauliflower is a wonderful surprise this week. This is one of our "iffier" vegetables that sometimes just doesn't do well for us. Just rinse in cold water and bag it and put it in the fridge until you are ready to use it. Eaten raw, in soup, or breaded and deep fried, which is called poor man's shrimp.

The zucchini is taking over the garden so that Tim took 1000 pounds down to the food bank this week. We figured that the 4 or 5 in your box was probably more than what you wanted as it was.

Our website has a page of recipes including several for zucchini, so you might want to check that out.

After referring everyone to our website for such things, I must warn

Marinated Fennel & Mushrooms

from: "Recipes From America's Small Farms"

1 Large Fennel Bulb

8 Ounces white Mushrooms

3 Tbsp. Olive Oil

1½ Tbsp. Lemon Juice

1 Garlic clove, finely chopped

¼ cup finely chopped fresh dill

Salt to taste

Pepper, freshly ground, to taste

Clean and separate the stalks of fennel. Rinse and clean the mushrooms. Slice the fennel and mushrooms into 1/8 inch thick slices.

Whisk together the olive oil, lemon juice, and garlic until thick and yellow. Add the fennel, mushrooms and dill and toss to combine. Add salt and pepper to taste. Chill for at least 2 hours, stirring occasionally.

you that we are having trouble there. The web host that we use is in the midst of switching over to some newer servers and our website has taken a hit making some pages inaccessible and others reverting back to information that was outdated and had been replaced a while ago.

I am going to have to sign off now. The vet has just called to give a result on one of the cria we have been bottle feeding for the past week. Her immunity is way too low and we will have to take her tonight to Ohio State for a plasma transfusion.

We hope to see you this Saturday at our Open House. The weather is supposed to be gorgeous and the alpacas should be pronging in the pastures. Bring an appetite for burgers, hot dogs, cookies, chips, and pop!

FARM OPEN HOUSE TOMORROW

SATURDAY

JULY 21ST

11:00 TO 4:00

*HORSE DRAWN
WAGON RIDES*

VISIT THE ALPACAS

GRILLED FOOD

ARTISANS

*NATURALLY
RAISED MEATS*

YOUR
CHANCE TO
COMMUNE
WITH THE
VEGETABLES!

This Week's Box

Fennel
Walla Walla Onions
Lettuce
Summer Squash
Broccoli
Green Beans
Cauliflower

Next Week

Lettuce
Onions
Broccoli
Summer Squash
Beets?
Green Beans