



WEEK OF JUNE 14TH, 2021 #24/52

Sounds of the Farm

The beauty of living in the country is the sounds of your “neighborhood” tend to be more nature based. However, as I walk from the “curb” bringing the recycling bin back up to the house, I notice the outside fan on the cooler is not spinning. I can see the switch is on, so I try to comfort myself with the knowledge the cooler is simply in its off cycle. Our cooler is really old, and it plays such a critical role, the thought of it going down is a constant worry. As I walk past, saying to myself, *it’s fine*, I hear the sound of the fan kick into gear, and relief washes over me. I have come to depend on many sounds from the farm. When we had the geese, I would get up in the middle of the night if I heard them all “go off” at the same time. They tend to act like guard dogs, and many a night I have stepped outside into my little garden to listen for intruders who might have upset the geese guards. In the wee hours of a Wednesday, Thursday or Saturday I will wake to the faint sound of a van door closing in the distance. Ahhh, drivers are here. About 30 minutes later I hear the sound of the big cooler door close. Ahhh, everything is good. The vans are loaded and the drivers are on their way to your neighborhoods. I say a little prayer for safe travels and rest a bit before getting up to start the tea and my day. On a hot summer night I like to sit out in my garden and watch the bats fly, and at that time the comforting sound comes from our pumps working off in the distance keeping our thirsty plants happy. In the morning just before 6, I hear Jose’s squeaky truck drive past my bedroom. Shortly after, I hear the guys loading the crates into the back of the pickup, followed by a tractor or two starting up. Again I sigh and realize all is right in my world, at least for now. Sunday is my favorite day on the farm, no tractors, no trucks, except for the chicken truck, which is not squeaky, and only two guys working, so no music. There is a completely different feel to the farm on Sunday, it’s almost as if she knows it is a day of rest, even for her. It is the day the farm says to me “take a moment Lorraine and listen to me, to the birds, and the stillness.” I appreciate all the sounds of this farm, some from nature, many not, but all have become a part of *my* nature.



Puppy Love

Elise and I drove up to Channa Ranch Sunday evening to pick up our new chicken dog. Beau is a Pyrenees Anatolian mix, and one of the sweetest puppies I have ever met. As a

very young pup living with his family of working dogs at Channa Ranch, Beau had the opportunity to spend time out with their chickens and baby chicks. Puppies learn so much from their elders, and Beau is no exception, he is a complete natural. Out with the chickens, he didn’t chase a single bird, didn’t even seem phased by the baby chicks running right past him. When I brought him home, he didn’t look twice at our cats. Of course, Little Thing is

cautiously curious and our old Nomi is certainly not impressed and is making a point of asserting her rank and authority in the house. I am relieved Beau is not inclined to chase after them, especially as Nomi is so old.

I am training Beau differently to how Nigel trained Daisy, and Sadie before her. The old way of thinking was to lock up your stock dog with the birds so they bond to the chickens, rather than the humans. The truth is, humans feed the dog and there is no avoiding the bond. Beau is already accustomed to being around chickens, so at least the early stage of that part of his training has begun. My focus with him right now is working on obedience training and walking the farm a couple of times a day so he learns our land. What I have been reading is it is important to make sure they are trained to listen very well before you put them out in potential danger. My hardest task is not falling completely in love with this pup making it too hard to give him up to the chickens. He would, in fact, be a perfect house guard dog. His size alone will scare most. I took him for his first long walk out on the farm early this morning and he did very well. He met Agustin and Miguel, who are both thrilled. Agustin took one good look at his paws, shook his head and said he is going to be really big. As I write, he is now sleeping at my feet. He has

bonded quickly, but I am not surprised because when I went up the first time to see the dogs and choose a pup, he chose me right away. I can’t wait for you to meet him out on the farm!



Quick Farm Updates

I spied a couple of red tomatoes over the weekend. They weren’t 100%

there but close enough to bring to the house and enjoy for lunch. It looks like our bell peppers are going to produce exceptionally well as they are just loaded with fruit. There are loads of flowers on our cucumbers and this morning I picked my first zucchini. If all goes well we might have some zukes next week. It’s going to be very hot this week which could ripen up our tomatoes and peppers rather quickly, and shock a few others. Also, Wakefield cabbages make some of the best Kraut. I shredded two small heads on Saturday and by Sunday morning it was fermenting really well. Get them while you can, they definitely don’t like the heat.



RECIPES AND IDEAS FROM ELISE

Hey Everyone! I'll be doing the recipes for a bit since Lorraine has her hands full. Father's Day and the Summer Solstice are this weekend, and with so many of us able to gather and experience the simple joy of *togetherness* again, I figure it's a good week to focus on tasty side dishes for sharing at BBQs. If you're the grill-master this weekend, I included a flavorful steak rub in [last week's newsletter](#) that is still relevant for this week's box ingredients. Even if you're not having a get-together, it's that time of year for super fresh salads and some iced tea in the afternoon heat. Have fun, stay safe, and Happy Solstice and Father's Day!

Nectarine and Fennel Salad

Recipe originally from [Fooby](#)

Roasted Fennel:

3 fennel bulbs
2 tbsp olive oil
1/2 tsp salt

Dressing:

2 tbsp lemon juice
2 tbsp olive oil
Salt & pepper to taste

Salad:

4 nectarines, sliced
Handful mozzarella balls for topping
(thick-shredded [Spring Hill mozzarella](#) would be great also)
A few leaves of basil, torn

Spread 3/4 of the fennel on a baking tray lined with baking paper, drizzle with oil, season with salt. Bake approx. 45 mins. in the centre of an oven preheated to 395. Remove, place on a platter.

Separately, combine dressing ingredients. Arrange the nectarines, peaches, remaining fennel and Mozzarelline on top of the fennel, drizzle with the dressing, garnish with the basil and some fennel fronds.

Potato Salad with Radishes and Chives

Recipe from [Food and Garden](#)

2lb boiled potatoes, cold
1c sour cream or creme fraiche
2 tbsp mayonnaise
1 red onion, diced
Chives, cut finely
Radishes, as many as you like, sliced
Salt & pepper to taste

Mix creme fraiche or sour cream with the red onion and mayonnaise and season to taste. Add radishes and chives but save some for garnish. Cut the potatoes into smaller pieces and mix with the dressing. Let the salad rest for at least half an hour, the longer the better. Before serving stir the salad and garnish with the saved chives and radishes.

Grilled Kale Salad with Avocado and Chickpeas

Recipe from [How Sweet Eats](#)

This may appear a little labor-intensive for a salad, but it is really hardy and can easily be the main course for vegetarians at your gathering. The garlic bread crumbs could be made with oil instead of butter to make it vegan.

1bu kale
2 tbsp olive oil
1 avocado, halved
Optional: 1c cherry tomatoes, halved

Dressing:

1 ripe avocado
1/3c plain greek yogurt
1 garlic clove, minced
1tsp dijon mustard
S & P to taste
1/4 to 1/3c olive oil

Brown Butter Garlic Crumbs:

2 tbsp unsalted butter
1 tbsp olive oil

1c torn crusty bread pieces

1 garlic clove, minced
Salt to taste

Crispy chickpeas:

2 cups cooked chickpeas ([Rancho Gordo's](#) are the best! But, if using canned instead, be sure to drain and rinse)
1 to 2 tsp olive oil
S & P to taste

To prep the dressing, place ingredients in a food processor and blend until smooth. Preheat your grill to the highest setting. For breadcrumbs, add butter and oil to saucepan and melt. Add bread pieces and stir well to coat. Sprinkle with garlic and salt. Stir constantly over medium-low heat until crumbs are golden and toasty. For chickpeas: Preheat oven to 425, place chickpeas on a paper towel and completely dry & remove skins. Toss with olive oil and place on baking sheet.

Sprinkle with S &P. Bake for 15 minutes in a single layer. Toss and flip, bake for additional 15 mins. Let cool before using. Drizzle the kale with a tbsp of olive oil and massage it into the leaves. Sprinkle with S&P. Drizzle avocado with the other tbsp of olive oil and S&P. Place kale leaves on the grill along w the avocado halves, cut side down. Grill both for 1 to 2 minutes, until the leaves are a bit charred. Flip over for another minute. Grill avocado just until grill marks appear. Remove both from grill. Tear kale leaves from the stems and toss them with the avocado dressing. Slice grilled avocado and add it on top, add cherry tomatoes if desired, chickpeas, and breadcrumbs.

Cabbage, Fennel, Orange, Parsley and Mint!

Recipe from [Food & Wine](#)

1lb head cabbage, cored and thinly sliced
1 fennel bulb, cored and thinly sliced
1/2 small red onion, thinly sliced
3 tbsp olive oil
1 tbsp lemon juice
S&P to taste (Eatwell's [Lemon Salt](#) would be great for finishing)
2 oranges, peeled & chopped ([Valencias from Ram Dass](#) are an excellent choice if you've ordered some)
1c loosely packed parsley leaves
1/4c fresh mint leaves

Put the cabbage, fennel and onion in a large salad bowl and gently toss to combine. Add the olive oil and lemon juice and season to taste with salt and pepper. Add the oranges and toss gently to combine. Let salad sit, refrigerated, for 30 minutes before serving. Just before serving, add the parsley leaves and chopped mint. Taste and adjust the seasonings.

This Week's Box List

Garlic
*Lettuce
*Red Kale
*Nectarines
*Fennel
*Parsley
*Radishes or Beets
Collards
Basil
*Potatoes
Chives
Cabbage or Broccoli

* = Items in Box for 2