



WEEK OF JULY 11, 2022 WEEK 28/52

Tam & Cory

A few years back Tam and Cory (our former driver and go to guy) have been building up a small flower business on our farm. If you have been here for an event you surely would have seen all the beautiful blooms just next to the members garden. And last year they expanded out into the field on the other side of house, where Stella and our cows used to live. As the flower business has grown, they are looking to consolidate more of the operation here and recently took over our old “milking” barn. Cory has worked for weeks on cleaning it all out, painting, and replacing boards. The old plastic corrugated rough sheets are gone and have been replaced with metal ones.



The other day as I was heading back to the house, I snapped this photo of Cory up on the ladder, with his dad down below, helping him with the remodel. It made me think back many years ago, when Jason (one of our other former drivers) and his dad worked on building the milking barn. Dad Jim, and mom Becky, came out from Kansas for a visit, and of course dad had to lend a hand. This second photo is Jason and



Jim pouring the concrete. It’s nice to see the “barn” getting a facelift and a new purpose in life.

A Little About The Flowers

Tam has an amazing eye for color and texture. She started out with just a few rows, in the unused space between the house and the pizza oven. Now there are many rows, plus many more on the other side of the house. When we first spoke of her setting up, it was my recommendation to utilize that space because as it is fairly protected from the wind. If you have ever been here on one of our windy days, you will know, it can be pretty brutal out on the farm. But this space near our garden is protected by the olive trees and of course the poplars. Even in their second area, there are poplar trees on three sides.

Weeds are a constant battle around this place. I see Tam out there, often with Cory’s mom, early in the morning, methodically working their way along the

rows. I am sure it is very frustrating work, but somehow she makes it look almost meditative. When my sweet kitty Little Thing was still alive, he loved to hang out in Tam’s flowers. Now we have a little family of cottontail bunnies living out there.

Just like out on the main part of the farm, Tam and

Cory battle with the other creatures we share this space with. Often their young plantings in the spring are gobbled up by the migratory birds that come through. If we have a house of young chickens too close to the house, we inevitably have a few that go rogue and they can do quite some damage. When all is said and done, it is amazing how many gorgeous bunches she pulls out of these small patches.



What Does It Mean To Have Perfect Fruits & Vegetables?

I have been going through a lot of our nectarines the past two weeks. Eating as many as I can since Jose brought me a 20 lb case a couple of Fridays back. What is left is still sitting in the box on my counter and they are still delicious, but wrinkling now. It has made me think about all the produce I see in the grocery stores, how perfect and beautiful they look. I now know that what we do not see is a lot more fruit that didn’t pass the beauty contest. Farming is by no means a high profit endeavor, and culling for beauty takes time and creates a lot of waste. Those who are lucky enough to have access to a kitchen turn their seconds into value added products, like jam. But I wonder how much just goes to waste? How did we get to this place where the appearance of the food we eat is so much more important than the taste? Or the nutritional value? Summer fruit is particularly difficult for us because we need it to survive a trip inside a CSA Box where it is most likely going to be bounced around a bit. Really ripe fruit doesn’t like that, but as I found with the 20 lbs of nectarines sitting on my counter, over time they ripened nicely and were really delicious. It did require my going through the case everyday, but delicious fruit is worth the effort.

RECIPES AND IDEAS FROM LORRAINE

Leek & Kalamata Olive Rice

Recipe from "Primavera Kitchen," by Olivia!

2 TB Extra Virgin Olive Oil

2 cup Leeks, chopped

1-2 cloves Garlic, minced

1 cup Peas

½ Kalamata Olives

2 cups **cooked** Rice

Salt and freshly ground Pepper

1 TB Chives, optional

In a medium skillet, heat olive oil over medium high heat. Add leek and stir occasionally. Cook until the leeks are tender and translucent. Add garlic, peas and kalamata olives. Cook, for about 3-4 minutes. Add the rice, salt and pepper. Stir to coat the rice with the leek mixture.

Cook for about 2-3 minutes. Garnish with chives before serving.

Caprese Salad

Recipe from "The Pioneer Woman," by Ree Drummond

When I first read this recipe I had to look twice because 2 cups balsamic seemed like a lot, that's why it is important to read the entire recipe:)

2 cups balsamic vinegar

3 whole ripe Tomatoes, thickly sliced

12 oz Fresh Mozzarella cheese, thickly sliced

Fresh Basil leaves

Olive oil, for drizzling

Kosher salt and pepper

In a small saucepan, bring balsamic vinegar to a boil over medium low heat. Cook for 10-20 minutes or until balsamic has reduced to a thicker glaze.

Remove from heat and transfer to a bowl or cruet. Allow to cool.

When ready to serve, arrange tomato and mozzarella slices on a platter. Arrange basil slices. Drizzle olive oil over the top of the salad, getting a little bit on each slice. Do the same with the balsamic reduction, making designs if you want. Store extra balsamic reduction in fridge for a later use. End with a sprinkle of salt and pepper. Serve with lightly toasted bread

Cabbage & Summer Squash Hash

Original recipe from "Sweet & Savory Meals," by Catalina Castravet but has been adjusted with summer squash. It's funny that Kendal included this recipe this week, because the other day I cooked up some of our onions, cabbage, summer squash, with a bit of ground beef I needed to use up and a couple of Linguica sausages. Every day for lunch I eat this as is OR I beat up a few eggs and add it to the pan as I reheat it.

6 Eggs

3 cloves Garlic, minced

1 tsp Onion Powder

1 tsp Paprika

1 tsp Italian herbs

1 tbsp fresh Parsley, chopped

½ tsp kosher Salt

Freshly cracked Black Pepper

6 cups shredded Cabbage

½ Onion, thinly sliced

2 TB Vegetable Oil

1 cup of Summer Squash, thinly sliced

In a large bowl, whisk together eggs, garlic, paprika, Italian dried herbs, fresh parsley, salt and pepper.

Add shredded cheese, summer squash and onion, toss to combine. In a large skillet, over medium-high heat, add oil. Wait for the oil to heat up. Form and divide the mixture into patties in the pan and press with a spatula to flatten. Cook until golden and tender- 3 to 4 minutes. Serve as a part of breakfast spread!

Nectarine & Cream Overnight Oats

Original recipe from "Kristine's Kitchen," but we added peaches! You

can always add protein powder or any additional fruit!

½ cup Old Fashioned Oats

⅓ cup Plain Greek Yogurt

½ cup Milk

1 tsp Honey or Maple Syrup

2 tsp Chia Seeds

One Nectarine, chopped

One Peach, chopped

Combine oats, Greek yogurt, milk, honey, and chia seeds in a mason jar. Seal with lid and shake until well combined. Refrigerate at least 8 hours. Top with nectarines and peaches and serve! Best if eaten within two days.

Lidia's Swiss Chard and Potatoes

Recipe found on cookingchatfood.com

2 lbs Swiss Chard, rinsed

3 medium Potatoes, peeled and quartered

4 TB Extra Virgin Olive Oil, divided

4 cloves Garlic, minced

Salt and Pepper to taste

Prepare the Swiss chard: use a sharp paring knife to remove the thick stems from the chard, then thinly slice the stems. Set aside in a pile. Coarsely chop the chard leaves, and set aside in a separate pile. Boil the potatoes: Bring a large pot of water to a boil, then add the potatoes. Add the chard: After 20 minutes, add the sliced chard stems to the pot of boiling water. Cook the stems for 10 minutes, then add the chard leaves and boil for another 5 minutes. Drain in colander. Start garlic in skillet: Heat 2 tablespoons of the olive oil in a large skillet over medium heat. Add the garlic, cook about 1 minute until the begins to brown. Add the cooked chard and potatoes, season lightly with salt and pepper. Cook, stirring and gradually mashing the potatoes, until the liquid is absorbed and the potatoes are coarsely mashed. Add the remaining 2 tablespoons of olive oil, season to taste with salt and pepper. Stir to combine the added olive oil and seasonings. Add a bit more olive oil if needed to achieve desired consistency. Serve and enjoy as a substantial side dish.

This Week's Box

*Summer Squash

*Potatoes 2lb

*Chard

*Nectarines

*Tomatoes

*Leeks

*Peaches OR Plums

Summer Squash

Basil

Savoy Cabbage

Chives

Onions

* = Items in Box for 2