

Food for Thought

July 19, 2003

This weeks goodies:

- French Filet Beans -

a French specialty gourmet bean. Enjoy these tasty beans!

- Cucumbers -

Hmm, tasty cukes on a hot day, just sprinkled with some sea salt.

- Summer Squash -

Check out recipe below for grilled squash, many people's favorite way of preparing squash. We're growing a wide assortment this year, ranging from round Roly Poly stuffing squashes, to bi-color Zephyr squash, yellow zucchini, to yellow Patty Pan - which look sort of like little yellow UFO's. You'll get to try all over of them over the summer.

The one zucchini we don't grow is the common green baseball bat zucchini - with this many gorgeous and tasty alternatives, we just don't seem to find the room for it!

- Baby Carrots -

these just need to be scrubbed lightly, not peeled, and enjoyed as a healthy snack.

- Head Lettuce -

the rain Friday did wonders for the entire garden - we're enjoying these nicely spaced showers which always seem to appear at the perfect time so far. These are large, crispy Batavian lettuces, specially adapted to warmer summer temperatures without becoming bitter.

And of course, some cheerful garden flowers to brighten up your table...

From the Fields:

This week we re-united the turkey hatchlings with their parents out in the field. They were hatched in an incubator and then kept warm and safe under a heat lamp in the barn, but are now getting big and vigorous and ready to chow down on some bugs and clover. The cool, wet spring would have been detrimental to the hatchlings in the tall, wet grass, and I'm afraid the wild turkey population must have lost

quite a few fresh hatchlings due to that cold, wet spell. The Papa Tom was very proud and immediately took charge of his brood, supervising closely as they climbed through the tall grass. The hen is still convinced she is sitting on more eggs, so it will take a few days for her to realize that nothing else will hatch. I stayed with them for quite a while, just listening to the happy chirping sounds the little turkeys make when they find something good to eat - the sound of utter contentment and happiness all around. What a great evening. Also this week, one of my oldest chicken hens, Junior, proudly displayed six little peeps - and 18 more to go in the incubator. These little peeps will eventually be replacement laying hens for our laying flock, which is getting up there in age. Nothing nicer to see on the farm than a proud mama with a clutch of peeps!

We did have our weeding frenzy on Sunday, and many, many thanks to Jesse, Tom and Leah for coming out well-prepared on a beautiful afternoon. We managed to weed the cabbage, and brussel sprouts, as well as the eggplant, basil and pole beans. We got so much done, and it was so nice to have people in the garden, that I'm thinking of doing this more often. There's certainly plenty to do!

At this point we're tentatively planning a potluck for the first or second week in August - there's some new folks who have not been to the farm yet, and we'd love to have you all meet and share some DEEE-licious food! We'll keep you posted!

Tom and I will be going to our annual traditional longbow archery rendezvous in northern PA this weekend, so I will make arrangements for one of the other vendors at the Millheim Market to have your shares there for you. Of course, I will let you know who, once that's finalized. I'll only be gone from Saturday morning till Sunday afternoon, but Tom actually gets to leave this Tuesday, for some well-deserved quiet time in the cool woods.

Enjoy!,
Sabine and Tom

Danish Cucumber Salad

3 large cukes, peeled or rinds scored

2/3 cup white vinegar

1/2 cup water

1/2 cup sugar

1/2 teaspoon salt
1/4 teaspoon white pepper
2 tablespoons fresh dill or 1 tablespoon dried

Slice cukes very thin. Arrange in layers in bowl, sprinkling each layer with salt. Weigh down with heavy plate. Let sit at room temp for several hours. Drain cukes thoroughly. Pat dry on paper towels.

Return to bowl. In small skillet, heat to a boil the vinegar, water, salt, sugar and white pepper, stirring until sugar is dissolved. Let mixture cool to lukewarm, then pour over cukes. Sprinkle with chopped dill. Chill for 3-4 hours. Drain cukes and serve. Serves 608.

Grilled Summer Squash or Zucchini

By some miracle of chemistry, this insubstantial summer staple bounds off the grill, full of flavor and bite.

Grill temperature: High or medium

Marinade:

6 tablespoons extra virgin olive oil

2 tablespoons white wine vinegar

1 clove garlic

1 tablespoon minced fresh oregano

Pinch of salt

4 slender firm zucchini or squash, cut into rounds 1/3 inch thick

Grated Parmesan or Asiago cheese (optional)

Combine olive oil, vinegar, garlic, oregano and salt.

Brush grill with vegetable oil to prevent sticking, then brush squash with marinade.

Place squash on grill in single layer, and cook over medium to high heat, turning occasionally, until very tender, about 8-12 minutes.

Serve immediately, sprinkled with grated parmesan or asiago cheese, if you'd like.

- Grilling from the Garden - Vegetarian Dishes for the Outdoor Cook by Diana Shaw

Coming Soon! Garlic, Rattlesnake Beans, Peppers and keep your fingers crossed for cherry tomatoes!

Sabine Carey

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