

Farm News

Coming Attractions – Japanese Eggplant and Okra, plus a pretty picture of the tomatoes on the vine



This week's share will have a bonus item, **Microlife Multi-Purpose Fertilizer**. This is the type of fertilizer we sometimes use on the farms and is 100% Organic. Our friends at San Jacinto Environmental Supplies make this in the area. <http://www.microlifefertilizer.com/>. I add it to my herbs and hanging pots.

Short note this time, next week I'll have an update on various activities at the farms!

Follow this link to register for the next season's Farm Share

<http://plant-it-forward.org/our-produce/farm-share/>

RECIPES

These are the most bountiful vegetables this week: Tomatoes, Cucumbers, Green Beans, Long Beans, Mint, Squash

Chinese Long Beans – 3 Quick recipes

This site has several easy ideas on how to make an everyday meal using long beans

<http://alittleyum.com/2012/08/30/yard-long-bean-recipes/>

In a Salad

Cut long beans into bite-size pieces. Boil until tender, about 4 minutes, then plunge into ice water to stop cooking. Toss with a walnut oil and sherry vinaigrette, chopped shallots, and parsley sprigs.

Glazed with Butter

Boil whole long beans until tender. Drain, then toss with softened cilantro-lime butter.

Stir Fried with Ground Pork (or Chicken)

Cut long beans to desired length. Stir-fry until blistered and mostly tender; remove beans from pan. Stir-fry ground pork (we used chicken) for about 2 minutes; add dry sherry (used Chinese cooking wine), soy sauce, and Asian chili garlic sauce, and then finish cooking pork. Add beans; stir until combined. I used very little chilli sauce and it can be omitted if you desire.

Note: I add some peanut butter and chicken broth to make a peanutty sauce and serve over rice. (Cathy)

Pasta Salad with Roasted Tomatoes

** I know I gave a pasta and tomato recipe last week, but tomato and pasta is one my favorite combinations!
Plus, you could just leave out the pasta and just have this as a salad.

Ingredients

Roasted tomatoes

4 cups (about 680 grams) grape tomatoes
Olive oil
Salt

Oregano dressing

1 big clove or 2 small cloves garlic
1 1/2 tablespoons dried oregano (if you can find it, Sicilian is my favorite)
1 1/4 teaspoons kosher salt, plus more to taste
Freshly ground black pepper
3 tablespoons lemon juice
3 tablespoons red or white wine vinegar
1/3 cup olive oil

Assembly

1 pound (455 grams) dried pasta, a bite-sized shape of your choosing (I used [reginetti](#)), cooked until 1 to 2 minutes before doneness and drained
6 ounces (170 grams) crumbled salty cheese, such as ricotta salata, feta, queso fresco (I used [this posh, delicious stuff](#))
1/2 cup (70 grams) pine nuts, well-toasted and cooled
1/2 cup (70 grams) pitted and rough-chopped olives of your choice (I used gaeta here, but like them even more when oil-cured)
Salt and pepper
Handful fresh basil leaves, roughly chopped

<http://smittenkitchen.com/blog/2015/05/pasta-salad-with-roasted-tomatoes/>

Preparation

Roast tomatoes: Heat oven to 300°F (150°C). Cover 1 to 2 baking sheets with parchment paper or a nonstick baking mat. Cut each small tomato in half lengthwise and arrange cut side up in a single layer on prepared sheets. Drizzle lightly with olive oil and sprinkle with salt. Bake in oven for approximately 90 minutes, until somewhat shriveled and dry to the touch, but not fully dehydrated. Set aside until needed, letting them cool. [Note, if you pine nuts are not yet toasted, you can place them in the oven for the last 10 minutes, shaking them once or twice for even coloring. Let cool as well before using.]

Note: I drizzle a little balsamic vinegar on the tomatoes before roasting to bring out the sweetness, garlic and/or thyme is good too. (Cathy)

Make dressing: Roughly chop the garlic on a cutting board, then add oregano, salt and a few grinds of black pepper. Mince the mixture with your knife until it's a grainy herb paste. Transfer to a small bowl, whisk in lemon juice and vinegar, then slowly drizzle in oil, whisking the whole time. Taste and adjust as needed; you might need more salt or vinegar. You want a strongly flavored dressing that won't get lost in that big bowl of ingredients.

Assemble salad: In a giant bowl, place drained pasta, roasted tomatoes, cheese, pine nuts and olives and toss gently to combine. Add dressing to taste, along with any extra salt and pepper needed. Finish with basil. Salad can be eaten right away, but will keep in the fridge up to 3 days. This is also perfect for picnics and potlucks, as it can handle being out in the sun without going south.

Mint



Mint is grown for its aromatic and flavorful leaves. Oval and serrated, the leaves of mint are indented with veins and come to a point. They impart a fresh clean scent and a strong mint flavor with sweet overtones. The cool taste and sensation mint imparts is a result of the naturally occurring compound, menthol contained in the herb –

See more at:

http://www.specialtyproduce.com/produce/Mint_308.php#sthash.p580PefP.dpuf

*** I have been drying my mint in the oven at 130 degrees for 5 hours (at night) and making a wonderful tea from the dried mint leaves*