

Box Contents:

1 small bu Basil
1 1/2 lb Tomatoes
1 lb Mixed Peppers
1 lb Summer Squash
1/2 lb Green Beans
2 lbs Yellow Stockton Onions
1 Charlyn Melon

Field Notes: Last week was one of those glorious summer weeks where the days are hot (98-105) but not too hot and the heat holds into the night, with 10:00pm temperatures above 80F. Over the weekend cooler nights came in but we may get the summer groove back later this week. It's that fine line between hot and too hot. Even the kales we were transplanting last week did well with the heat. As we tilt away from the sun the intensity of its light is notably weaker, even here in late August. Not to say that it isn't plenty darned warm when you're out in it all day, it is just moving toward the zone of pleasantly hot rather than just bearably hot. Fall is coming, though summer will probably have a

fit or two before it goes. Due to the later sunrise, we had to move our start time to 6:30am, which pushes our crew quit time to 5:00pm. Fall crops will begin in early October, with a possible late September debut for Spinach.

Early Girl Tomatoes are available in a 20 lb case for \$30.00. Please place your order by Sunday evening for the following week. Great for fresh eating, canning or freezing

Special event ahead: Yolo Land Trust's "A Day in the Country" will be Sunday September 9, 2007 from 3-6 pm just south of Woodland. This food and wine tasting event benefits land preservation efforts in Yolo County. Go to: www.yololandtrust.org for more information. Riverdog Farm will be there offering tastes of heirloom tomatoes.

Recipes:

Tomato and Buffalo Mozzarella Salad from *The Tomato Festival Cookbook* by Lawrence Davis-Hollander

"Simplicity is the key to this great salad. A good extra-virgin olive oil is essential, as is a light application of vinegar. Other vinegars, such as sherry or red wine vinegar may be substituted for the balsamic, but they will not be as sweet. Buffalo mozzarella is made from the milk of water buffalo. The fresh mozzarella typically seen in the United States is mixed with cow's milk. The "real" all-buffalo-milk mozzarella is a creamier and softer cheese. Since part of the appeal of the salad is in its appearance, choose a beautiful oblong platter to serve it on. It looks especially lovely on black pottery." LDH

1 lb Buffalo Mozzarella, sliced 1/4-inch thick **3 medium-sized tomatoes, cored and sliced**
1-2 stems fresh basil **2-3 tablespoons extra-virgin olive oil**
2 tablespoons balsamic vinegar **Sea Salt**
Edible flowers such as violas, nasturtiums,
Marigold petals, borage blossoms, or cilantro
Blossoms, optional

Arrange the mozzarella alternating and overlapping with the tomatoes on an oblong platter or large dinner plate. Slip some basil leaves between the slices, along the sides, so they are protruding halfway out.

Drizzle or spoon the oil over the tomatoes. Do the same with the vinegar. Lightly sprinkle salt on the tomatoes. Distribute the flowers on the slices and plate, if desired. Let sit for a few minutes and serve.

Cucumber Salad with Mint from *The New Book of Middle Eastern Food* by Claudia Roden

Serves 4. The fragrance of mint goes well with cucumber.

1 cucumber, sliced very thinly

Sea Salt

3 tablespoons extra-virgin olive oil

2 tablespoons lemon juice or

1 tablespoon wine vinegar

**1 teaspoon orange blossom water,
or to taste**

**1 tablespoon crushed, dried
mint leaves**

Sprinkle the cucumber generously with salt, rinse, and leave to drain in a colander for ½-1 hour. The salt will run away with the water, but if the cucumber is still too salty, rinse and drain before mixing with the rest of the ingredients.

Lentil Salad with Mint, Roasted Peppers, and Feta Cheese from The Greens Cookbook by Deborah Madison with Edward Espe Brown

"The tiny French lentils are best for this salad—they hold their shape and cook through without becoming mushy. Serve small portions as an appetizer or make this salad the main focus of a composed salad plate with a variety of garnishes, such as hard-cooked eggs, olives, tomato, and garden lettuces. This is a good picnic food—it is easy to carry and the flavors develop as it sits." DM

1 ½ cups small French lentils

**1 medium carrot, peeled and diced into
small pieces**

1/2 small onion, finely diced

1 bay leaf

1 clove garlic, finely chopped

½ teaspoon salt

2 medium peppers

Lemon Vinaigrette (see recipe below)

2 teaspoons mint, chopped

**3 tablespoons chopped, mixed herbs
Pepper**

**Sherry Vinegar or red wine vinegar
to taste**

8 ounces feta cheese

Olive Oil, for garnish

Rinse the lentils, cover them generously with water, and bring them to a boil with the carrot, onion, bay leaf, garlic, and salt. Simmer them until they are cooked, about 20-25 minutes. They should be tender, just a little firm, and still hold their shape. Drain the lentils and save the liquid for soup stock.

While the lentils are cooking, roast the peppers over a flame until they are evenly charred, and put them in a covered bowl to steam for 10 minutes or so; then scrape off the charred skins with a knife. Do not rinse them under water, or the flavorful juices will be lost. Slit them open, remove the seeds and veins, and cut them into squares.

Prepare the vinaigrette and fold it into the warm lentils. Add the mint, herbs, and most of the peppers. Taste and season with freshly ground black pepper and additional salt, if needed. Taste again just before serving and add a little more vinegar to brighten the flavors. Crumble the feta cheese and gently stir it into the lentils. Garnish with the remaining peppers and drizzle some olive oil over the surface.

Lemon Vinaigrette

Juice and peel of one large lemon

Pinch cayenne pepper

¼ teaspoon salt

¼ teaspoon paprika

1 clove garlic, minced

6 to 8 tablespoons virgin olive oil

Remove two wide strips of peel from the lemon with a vegetable peeler, and slice them into narrow slivers. Put 3 tablespoons of the lemon juice in a bowl with the lemon peel, paprika, cayenne, garlic, and salt. Whisk in 6 tablespoons of the olive oil and taste. Adjust for tartness, adding more lemon juice or oil, whichever is needed.

Serves four to six.