

June 14, 2007

Lone Willow Ranch

Hello, summer is here! School is out for most and vacations have started! It is time for sitting on the porch and visiting with neighbors. Having a glass of lemonade or tea and enjoying the beauty around us. This weekend is Fathers Day; spend some time with that special Dad.

#### This weeks box

We have squash, green beans, green onions, beets, garlic, lettuce, carrots, Swiss chard, cucumbers, red meat radish, baby arugula, peaches, lavender, herbs, a few sweet peppers and tomatoes. The peaches are on the small but have good flavor. What I like to do with small amounts of fruit is to make sorbet . It is very simple and refreshing. Cut fruit into 1 inch pieces. Place on a cookie sheet lined with wax paper. Lay fruit on wax paper and place in freeze for about 1 to 2 hrs. or until completely frozen. Take out of freezer and place in food processor. Add 2 Tbsp water and 1 Tbsp lemon juice. Process until smooth. Serve immediately or freeze up to 2 weeks. You can do this with any kind of fruit. You may also want to add honey if the fruit is not sweet enough.

#### Farm Report

Last weekend we welcomed a new intern to the ranch. Her name is Amelia. She attends UCSC. She will start on the farm on the 20<sup>th</sup>. Amelia and her family (from Oakland) came down to get acquainted with Amelia's new home for the summer. We had a bar-b-que and just got to know each other. Amelia is so jazzed to get the opportunity to be part of the farm it is contagious. While Amelia's family was visiting Anna's goat decided to kid. She had a beautiful female. One more to go....

We have been cleaning up the early tomatoes, getting ready for the big harvest. The melons, eggplants and cucumber are going to be plentiful. Some of the watermelons are the size of soccer balls already. We should have the Japanese eggplant and different varieties of cucumbers, and more sweet pepper next week. We are impressed with the green bean in this week's box. They are great fresh or simple sauté.

Check out Martha Stewarts Living magazine for July. It is awesome..... All kinds of great recipes about summer produce. I think it is the best magazine yet. I also got a cook book that is called "The San Francisco Ferry Plaza, Farmers' Market Cookbook." Written by Christopher Hirsheimer and Peggy Knickerbocker. It has all the information you would need to know on harvesting, selecting, cooking, and storing produce. We enjoy just reading it.

Until next week, eat fresh & healthy.

Farmer John & Shelby