

Lone Willow Ranch

May 16, 2007

Greetings, I can not believe another week has flown by.....I hope all the Mothers had a GREAT Mothers Day. I had a very nice relaxing day with all my children and love ones. I made the fava bean dip. I served it with warm sour dough toast. Every one really like it and could not believe it was Fava Beans! A very nice change. If any one needs the recipe let me know. I will email it to you.

This Weeks Box:

We have fava beans Guatemala purple, Leeks, red leaf lettuce, romaine, red chard, beets, radish, cilantro arugula, oregano, Danvers 126 carrots, marathon broccoli, squash and Cherries. It is getting very close to the end of the greens. This will be the last of the romaine for a while. I will miss it terribly. We picked a head of broccoli last Monday evening, washed and ate it fresh. It is just terrific! This is a very nice variety either cooked or fresh. The radish this week is white on the outside and red on the inside. Just the opposite of the normal radish. The Chinese use this variety for food sculpting and decorations. This variety is a cross between a radish and a turnip. I love the colors. The flavor is strong but not hot. A friend of mine cleans and trims the radish, then marinates them in olive oil, red wine vinegar and rice wine vinegar. Season to taste. The secret is if the radish and vinegar combination has to much bite then add a pinch of sugar to mellow out. Remember a pinch of sugar goes a long way in a combination as this.

Farms Report

The tomatoes, I was just amazed on how much they have grown. We walked through the field and found some the size of golf balls! We will have early tomatoes! The melons, cucumbers sweet corn are all doing great. We have some blue berries not much. This is the first years but they were large and sweet. We don't think the birds have figured it out yet.

I have enclosed copies of the Heartland festival flyer. This is a very nice place to be if you like blue berries & cherries. Nice family environment.

Sorry, no recipes my computer has been giving me a lot of trouble this week. If you have any questions give us a call.

Take care,

Farmer John & Shelby

