

June 21, 2007

Lone Willow Ranch

We are happy to say again "Welcome new members". Summer is here. We have been busy this week getting the "Tomato's Night Out" chef hired and menu set. We realize everyone is busy so mark your calendar for Sept. 29 the 7th Annual Slow Food Dinner at Lone Willow Ranch. We are featuring local Chefs, local wines, local organic food and tomato tasting of hundreds of varieties.

This Weeks Box

We have squash, carrots, cucumbers, garlic, beets, Swiss chard, white onion, leeks, apricots, peaches, tomatoes, arugula, jalapenos, basil, rosemary, cilantro, maybe green beans, and T.D.Willey Golden Yukon potatoes.

There are simple ways to makes your salad or pastas tastier by just a few simple ideas. Use fennel instead of celery. Toss in fresh herbs any will do fine. Crumble goat cheese, it is lower in calories and has a fresh salty flavor so you don't have to add as much salad dressing or salt. Avocados they are nature's mayo. Although they are high in fat, it is the monounsaturated kind that is good for us. Use different oils. I make different infused oil and they add fullness to the flavors of the vegetables without over whelming them. Nuts from almond to pine nuts. They add a crunch and spice plus the have high nutritional value. Fruit...it is all good. Dried or fresh. I love mixing in sweet and crispy with salty. Every bite is different...enjoy it is good for you...

Farm Report

It is Tomato time.....We hope every one is ready. We will begin harvesting daily from here until the end of October. Everything is growing nice. We planted some okra. The eggplants, onions, peppers are very nice. A few more good hot days we will have plenty.

Check out www.pattyjames.com , we have found some great recipes and she knows the powers of eating well.

Peace out.

Farmer John & Shelby