



Lone Willow Ranch  
August 21, 2008

Hello, well we have made it through the first week of school. The interns and students are on the move. Michelle left Tuesday for Berkeley, Ivan's last day was Saturday to start High School in Firebaugh, Laura is still making deliveries until golf starts at Dos Palos High, and Will started at Memorial Monday. Emily will be with us until Sept. and Matthias will stay until Oct.

### This Week's Box

This week we have squash, cucumbers, peppers, melons, radishes, carrots, peaches, Heirloom tomatoes, herbs, onions, garlic, and the first of the eggplant, green beans, red sweet peppers, red potatoes and crookneck squash. For those of us who garden and grow tomatoes, there often comes a point in the summer's tomato growing season in which the bounty greatly exceeds one's ability to consume it, in its regular tomato form. If you find yourself in this position, and you love tomato juice, Bloody or Virgin Mary's, we highly recommend making your own tomato juice. You will be very surprised!

### Heirloom Tomato Juice –Ingredients

3 pounds very ripe garden tomatoes, cored, roughly chopped, 1 1/4 cups chopped celery with leaves, 1/3 cup chopped onion, 2 Tbsp sugar (to taste), 1 teaspoon salt, Pinch black pepper, A couple shakes of Tabasco sauce, about 6-8 drops (to taste)

### Directions

**1** Put all ingredients into a large non-reactive pot (use stainless steel, not aluminum). Bring to a simmer and cook, uncovered, until mixture is completely soupy, about 25 minutes. **2** Force mixture through a sieve, [chinoise](#), or [food mill](#). Cool completely. Store covered and chilled. Will last for about 1 week in the refrigerator. Makes about 1 quart.

### Farm Report

Farm Day.....Every one is getting excited. The kitchen is still not finished so we will have the party under the oak trees by the garden. This is actually the coolest place on the ranch. All of the produce is in a funk about now but that is the way it is. Every year we have worried about having tomatoes for Tomatoes Night Out and this year is no different from the rest. Are we going to have enough?? The main reason we are encouraging you to come out is to meet the farmers that grow your food for you. We have planned a simple meal of a lot of tasting. The address is 11356 Road 5 1/2, Firebaugh, CA

See you Sunday!  
Farmer John & Shelby