



Lone Willow Ranch August 28, 2008

Hello, it is done. The first Lone Willow Farm Day. We had a great time. Thanks to everyone that came out. We know how hard it is to take a trip on Sunday. We hope you enjoyed yourself. We did!!! We had a simple meal of Garden Pasta Salad (John says with everything but the kitchen sink), Heirloom Tomato Gazpacho, and Garden Salad with Roasted Beets, Onion with Raspberry/Cesar dressing (my secret mix). We made fresh Chèvre rolls with herbs, garlic chives, red pepper flakes and black pepper. We opened year aged cheddar, and had some very young blue cheese. We had a special surprise a good friend brought some aged cedar and blue cheese made from his organic sheep's milk. We made fresh hummus of roasted garlic and onion, we drank herbed black tea with lavender and cold white organic wine. We finished our meal with Cherry Cobbler topped with John's famous Vanilla Ice Cream. A very nice and relaxing afternoon.

This Week's Box:

We have corn, tomatillos, arugula, romaine lettuce, squash, cucumbers, beets, carrots, peaches, heirloom tomatoes, eggplant, peppers, potatoes, onions, garlic, herbs, and the first of the apples. I have been asked what to do with all of those herbs. When we get a surplus of herbs we dry or make infused oils. Preparation easy to make herb and/or spice infused olive oils at home. They make wonderful gifts for all occasions.

Directions:

Wash and dry your choice of herb branches and lightly bruise them to release flavor. Place them in a clean decorative glass container, cover with warmed oil, and seal tightly. Leave in a cool, dark place to infuse about two weeks. Taste. If not strong enough, add more fresh herbs and let stand another week. You can either strain the oil or leave the herbs in. If you do not strain the herbs out, the flavor will become stronger as it stands, so keep that in mind. Less strongly-flavored oils like sunflower oil and safflower oil work best to give a more prominent herb flavor. However, extra-virgin olive oil is also a good choice. If you begin with monounsaturated oil such as olive oil or peanut oil, the infused oils should be refrigerated. These are highly perishable and can turn rancid quickly.

You can also add garlic, but remove the garlic cloves after a couple of days so as to not overpower the flavor of the herbs. If you choose to leave the garlic cloves in the oil, be sure to refrigerate the oil to avoid the threat of botulism. Use your favorite combinations. Use the oils within two months. Use infused oils in salad dressings and marinades to enjoy full flavor.

Farm Report:

We have spent a lot of time transplanting the fall crop. We have noticed the shorter days already, fall will be here before you know it.

Until next week

Cheers,

Farmer John & Shelby