

# Moonshadow Farm's Moonshadow News

Summer Veggie Share

July 14th, 2008

Week 5

This week on the farm

Welcome to the fifth week! We've had some great weather this past week, as well as some much needed rain! The plants gladly soaked up the  $2\frac{1}{2}$  inches that fell on Thursday and Friday and they grew bigger almost over night. With all this hot weather and rain we've had the tomatoes are growing wildly. Our big project now is to stake and trellis all 7,000 plus tomato plants. It's a big job, but it's very important to keep the tomatoes clean and disease free. See the picture of the trellised tomatoes.



We hope everyone is enjoying their organic free-range eggs. Our chickens are one-year-old Road Island Reds. A mother earth news study (2007) showed that organic free range eggs contain:  $\frac{1}{3}$  less cholesterol,  $\frac{1}{4}$  less saturated fat,  $\frac{2}{3}$  more vitamin A, 2 times more omega-3's, and 3 times more vitamin C! Not only are your eggs packed with more nutrients but you can all sleep better and night knowing the chickens are leading a happy cage-free life.



Our happy hens

## Focusing on Basil

Basil (*Ocimum basilicum*) is a favorite annual among gardeners. It is widely used in many different cultural dishes including, Greek, Italian, and Asian cooking. It is believed that basil originated in India, where it was viewed and grown as a holy plant. After leaving their present life Hindus believed that a basil leaf placed on their chest would aid in the passage to the next life. Basil however is more commonly know for its use in pasta sauces, pestos, and salad dressings. Basil thrives in the heat of the summer. One light frost will damage the delicate plant. Fresh basil deteriorates quickly. For short-term storage, wrap in a lightly damp paper towel and store in the warmest part of your refrigerator.

In the box...

- Green or Red Lettuce
- Baby mustard
- Cucumbers
- Mixed Basil
- Summer Squash
- Mixed Radishes
- Farm fresh eggs

Next Weeks Guess:

Radish, summer squash, parsley, peas cucumber, peppers salad greens, farm fresh eggs

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Please remember to  
return your CSA  
boxes and egg cartons  
to your drop-off site!

**Baked Cucumbers in Basil Cream** *From Angelic Organics Kitchen (Farmer John's Cookbook, 2006)*

1½ Tbsp. Red wine vinegar  
 ¼ tsp. Sugar  
 2 Tbsp. unsalted butter, melted  
 1 cup heavy cream  
 salt and freshly ground black pepper

1 tsp. Salt  
 4-5 cucumbers, peeled, halved lengthwise,  
 1 scallion, finely chopped  
 3 Tbsp. freshly chopped basil leaves

Preheat oven to 375 degrees F. Mix the vinegar, salt, and sugar in a medium glass bowl. Add the cucumber slices and toss to combine. Set aside to marinate for 30 minutes. Drain the cucumber slices in a colander, then pat the dry with a clean dish towel. Put the cucumber slices in a shallow baking dish. Pour the melted butter over them, add scallion, and toss to combine. Bake the cucumbers, stirring occasionally, until tender, about 45 minutes. Meanwhile, heat the cream in a small pot until it

comes to a light boil. Continue to cook the cream, stirring frequently, until it is reduced to ½ cup, about 20 minutes. Stir in the basil and turn off the heat; let mixture steep for 2 minutes. Pour basil cream sauce over the cooked cucumber slices. Season with salt and pepper to taste. Serves 4-6



Cucumbers and zucchini

**Simple Cooked Greens** *Angelic Organics Kitchen (Farmer John's Cookbook 2006)*

Cooking greens in oil or butter over high heat until just wilted is a great way to give them an added richness. Wilted greens go great with almost everything. They are tasty with cooked grains or pasta. Topped with cream sauce, cheese, or toasted nuts they make a great side dish. Also try them with a simple balsamic vinaigrette for a tasty warm salad. They are also great on their own as in this recipe!

3 Tbsp. butter or oil  
 2 lb. greens, rinsed, torn or chopped into bite size pieces  
 salt, freshly ground black pepper, extra virgin olive oil

1 tsp. Minced garlic (about 2 medium cloves)

Heat the butter or oil in a large skillet over medium heat. Add the garlic; sauté for 1 minute. Add the greens immediately after rinsing them; with the water still on their leaves. Cover; cook for 1 minute. (if you are using heartier greens like kale or collards add a cup of water to the skillet and cook 5 minutes). Uncover, and add salt to taste (this will also keep greens bright green) give a good flip and stir. Cover the skillet again and continue to cook the greens until they are bright green, tender, and wilted to your taste. (This may be anywhere from 1-20 minutes depending on the green). Be sure to add more water if it boils away. Season with pepper and olive oil to taste.

**Other Uses for fresh basil** *from Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce (2004)*

- \*Chop basil with stems into soups and stews at the very end of cooking.
- \*Toss fresh whole basil into green salads and chopped into pasta or rice salads.
- \*Top slices of tomato with chopped fresh basil leaves, olive oil, and a little salt and pepper
- \*Basil is great in salad dressings, tomato sauces, and as the main ingredient in pesto.
- \*Put fresh basil into egg or cheese dishes, stir-fries, pureed soups, dips, and sauces...enjoy!

There are many different types of basil, some of our favorites include, Thai, Lemon, Purple, Italian, and cinnamon.