

Week of 10/6/08

Wise Acre Farm

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For more information, and recipes, visit our website:

www.wiseacrefarm.com

Please save your box & jars - I will pick them up next week.



Harrington Avenue Farm Stand last year

This week on the farm:

We had our first rain of the season last week - very exciting! Hopefully there is a lot more on the way this fall and winter. We saw irrigation water prices rise significantly this year. If we don't get some good rains, we may be looking at water rationing, as well as higher prices, next year. Even if we do have a good rainy season, we still have a lot of catching up to do to refill our state's water supplies. Either way, the outlook for next year is not great, but we will hope for the best. Time to start practicing the rain dance!

Here's what's in your box this week:

Summer Squash, Cucumbers, Eggplant, Bell Peppers, Relleno Chiles (similar to Anaheim, mild), Scallions, Basil, Arugula, Fresh cut Flowers

Preserving the Harvest

I don't like to waste anything, so during the summer months when the vegetables are at their peak, I do everything I can to preserve the harvest so our household can enjoy summer veggies all winter long. I thought I would share with you some of my favorite techniques.

Basil: Pick leaves from the stem. Process in a food processor or blender with enough olive oil to make a paste. Freeze in ice cube trays. Once frozen, transfer the basil "ice cubes" to a freezer bag and store in the freezer. The ice cube size makes it easy to take out exactly the amount of basil you need in a recipe. I use this same technique for Pesto (Basil pureed with olive oil, garlic, parmesan & pine nuts).

Butternut Squash: cut in half and bake cut side down on a baking sheet at 350 degrees for 45 minutes to one hour. Scoop out the flesh and freeze. Use later for soup or puree. I also like to make a Butternut Squash soup and freeze.

Bell Peppers: Roast on the bbq or under the broiler until charred. Put into a paper bag to steam. Peel and freeze. Use on sandwiches, burgers, pizzas and more.

Cucumbers: Make Freezer Pickles (see recipe on website: www.wiseacrefarm.com/Recipes.htm)

If you have a favorite technique or recipe using vegetables that you would like to share, feel free to email it to me and I will include it in a future newsletter. email: mary@wiseacrefarm.com