

Wise Acre Farm

FRESH MARKET FARM PRODUCTS

phone: 530.383.4625 • email: mary@wiseacrefarm.com
website: wiseacrefarm.com

Week of July 20, 2009



Chicken coop in progress

This week on the farm:

The melons are starting to ripen and they are delicious! The eggplant is coming along slowly. The plants look beautiful, but they are slow to produce. The pumpkins and winter squash look great - big and healthy plants that are sending out runners and starting to bloom. A few of the plants have small pumpkins on them already.

The weeds are also thriving and I've been spending a lot of time pulling weeds and mulching, mostly in the morning hours since it's been so hot this past week.

What's in your bag (some or all of the following):

Zucchini: Tigress & Fordhook (green) and Slik Pic (yellow), cucumbers (Marketmore & Genuine), lemon cucumbers, Melons (Hearts of Gold or Charantais), tomatoes, cherry tomatoes, fresh Tarragon, and a bouquet of fresh flowers.

Tarragon

Not the most common culinary herb, tarragon deserves more respect in any cook's garden. Used in finer cooking, tarragon pairs well with poultry, seafood, fruits, eggs, and vegetables. It is also a key ingredient in bernaise sauce. Its slightly anise tasting leaves are strong, so use a small amount and adjust for taste preference.

The smooth, lance-shaped, green leaves of the Tarragon plant are the most flavorful and useful part of the plant for use in seasoning.

Baked Zucchini

INGREDIENTS

3 zucchini, sliced into 1/4-inch rounds
3 tablespoons extra-virgin olive oil
2 teaspoons fine sea salt
1 tablespoon Tarragon
1/4 cup breadcrumbs
1/4 cup shredded Parmesan cheese
3 tablespoons extra-virgin olive oil
salt and pepper to taste

DIRECTIONS

Preheat an oven to 350 degrees F (175 degrees C).

Arrange a layer of zucchini slices into the bottom of a 9-inch pie pan so they slightly overlap one another; drizzle with 1 tablespoon olive oil and season with some of the sea salt and Tarragon. Repeat layering until the zucchini is all used.

Bake in the preheated oven for 30 minutes.

While the zucchini bakes, stir together the breadcrumbs, Parmesan cheese, and 3 tablespoons olive oil in a bowl; season with salt and pepper. Spread evenly over the baked zucchini and return to oven 10 minutes more; serve hot.

Please save the bags and glass jars that come with your deliveries and each week I will pick them up from the previous week and reuse them. I will also reuse the plastic cherry tomato containers.

Visit Wise Acre Farm on Local Harvest:
<http://www.localharvest.org/farms/M5587>

Newsletters and recipes are always available on my website: www.wiseacrefarm.com
Let me know if you prefer a paper copy.

The Arbuckle Certified Farmers Market is every Wednesday from 5 - 8 p.m. in downtown Arbuckle!
www.arbucklerevitalization.org