



Farm Note ...

From the Farm:

How to Make Herbal Vinegar by Allie Urbanek, as adapted from the Good Earth Almanac by Mark Gregory, Grosset & Dunlap, New York, 1973.

Herbal vinegar is a simple, great way to preserve the taste of fresh herbs for use all year! Using decorative (recycled) bottles makes a great gift, too! Consider adding a label.

To make herbal vinegar, wash and dry your fresh herbs thoroughly then pour warm vinegar, not hot, over them in the glass jar. There

are two methods to warm the vinegar. The easiest is to allow it to sit in the sun for about 20 minutes. It can be warmed on the stove but be careful not to let it boil.

Be sure that the fresh herbs are completely covered by the vinegar. Seal the jar and allow them to sit for a month or two, to mingle the flavors, in a cool, dark spot. Stirring or shaking daily will help.

Always use sterilized jars. Pour boiling water directly into the jar. Let them sit for about 10 minutes.

Allow the bottle to cool and thoroughly dry. Sterilize the corks by throwing them in boiling water. Make sure everything is dry before making your herbal vinegar.

After it has steeped, remove the fresh herbs that you used and add new ones for a fresher look. If you want to add garlic or chili peppers to the herbal vinegar, thread them on wooden skewers so that they will stay submerged.

Stay away from distilled vinegar as it is harsh and will not give you the best results.

Weather window:

Rain, rain and more rain with a tiny rays of sunshine every once and a while.

Your share this week:

- ◆ Peas
- ◆ Celery
- ◆ Herb-Your Choice
- ◆ Summer Squash
- ◆ Bunched Greens
- ◆ Broccoli
- ◆ Onions-Bunching
- ◆ Carrots
- ◆ Salad Mix
- ◆ Kale
- ◆ Radishes

Farm News:

Thank you to all of our wonderful volunteers who helped this past Sunday at our Annual Open House. We had a nice turn out, sunny weather, loads of pizza and lots of fun. A big thanks also to those who came out and enjoyed the Farm with us. See you at next year's Open House!

Noteworthy:

"Leonardo da Vinci's Pastels"

Here is a recipe for five hundred-year-old recipe for earth pastels adapted to modern soils from "Gardening at the Dragon's Gate" by Wendy Johnson.

-Take 3 tablespoons of soil or soft rock and hand-grind this material to a fine powder using a good mortar and pestle. Then sieve out the roughage using a fine tea strainer.

- Add 3 tablespoons kaolin clay to the soil mix. This ingredient is crystallized aluminum and silicon and it will make your pastels creamy and smooth. Kaolin clay is readily available from pottery supply stores or any good art store.

-Grate 3 ounces of hard castille soap (from the bar, not the liquid variety) into 12 ounces of water, letting a slurry form. This ingredient helps to bind the pastels.

-Mix the dry ingredients with enough soap slurry to form a pie-dough-like paste. Without overhandling the dough, pull off little sections and roll them into flat, cylindrical pastels. Let the pastels air-dry for 24 hours and then paint the world in earth tones.

Johnson, Wendy. Gardening at the Dragon's Gate. 2008.

-Amy Turner

Schedule of events

- July 31st 5 to 7 pm
West Valley PAC
EATinG Celebration
- August 6th to 14th
Tanana Valley State Fair
- August 11th 11 am to 2 pm
Natural Dyeing Wool Workshop
- August 21st 2 to 4 pm
Composting Workshop at Woodriver School
- August 28th 1 to 4 pm
Raising and Butchering Meat Birds
- September 25th 10th
Annual Benefit Dinner and Auction

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Trivia question of the week:

Mendel worked with this veggie, laying the foundation for the modern science of genetics.

Last week's answer:

Cabbage

Spiced Carrot Salad

From *Couscous and Other Food From Morocco*

1 pound **carrots**, peeled
1 garlic clove
1/8 teaspoon ground cinnamon
1/4 teaspoon ground cumin
1/2 teaspoon sweet paprika
cayenne pepper
3 tablespoons lemon juice
1/8 teaspoon sugar
salt
olive oil
chopped fresh parsley

Boil the carrots whole in water with the garlic until they are barely tender. Drain. Discard the garlic, and then dice or slice the carrots. Combine remaining ingredients except oil and parsley and pour over the carrots. Chill, Sprinkle the carrots with oil and parsley just before serving.

Citrus-Poppy Seed Dressing

From www.foodandwine.com/recipes

3 tablespoons fresh lime juice
3 tablespoons fresh orange juice
2 tablespoons fresh grapefruit juice
1 teaspoon Dijon mustard
1 teaspoon low-fat mayonnaise
1 teaspoon honey
1/3 cup plus 1 tablespoon canola oil
1 1/2 teaspoons poppy seeds
Kosher salt and freshly ground pepper

In a bowl, whisk the lime, orange and grapefruit juices with the mustard, mayonnaise and honey. Slowly whisk in the oil until the dressing is creamy. Stir in the poppy seeds, season with salt and pepper and serve.

Around the table:

Zucchini and Rice Soup

From *Moosewood Restaurant Daily Special, The Moosewood Collective*

2 cups chopped **onions**
2 teaspoons extra-virgin olive oil
2 cups chopped **zucchini**
6 cups vegetable stock
1 to 1 1/2 cups cooked brown rice
2 tablespoons chopped fresh basil
salt and pepper to taste
1/4 cup grated Parmesan cheese

In a soup pot, sauté the onions in the oil on medium high heat until golden brown, about 8 minutes. Add zucchini and sauté until just tender, about 4 minutes. Add the stock and cooked rice, cover, and bring to a simmer. Add the fresh basil and salt and pepper to taste. Cover and gently simmer for 10 minutes. Serve topped with grated cheese.

Risotto and Peas

From *Sundays at Moosewood Restaurant*

5 cups chicken or vegetable stock
2 tablespoons vegetable oil or butter
1 small yellow **onion**, finely minced
1 minced **celery** stalk
1 1/2 cups Arborio rice
1/2 cup dry white wine
1 cup blanched fresh **peas**
1/3 cup freshly grated Parmesan cheese

Bring the stock to a boil in a small saucepan. Lower the heat and simmer. Meanwhile, heat the oil or butter in a large, heavy saucepan on medium heat. Saute the onion, stirring occasionally, for 2 or 3 minutes, until translucent but not browned. Add the rice and stir for one minute to thoroughly coat the rice with oil. Use a wooden spoon for stirring so as not to break the rice kernels. Add the wine and stir constantly until it is absorbed. Pour in the simmering stock, 1/2 cup at a time, stirring after each addition. Continue adding liquid as the rice dries out, about every 2 minutes. It should take about 18 to 20 minutes to cook the rice. Reduce the amount of stock added toward the end and increase the frequency, tasting every couple of minutes until the rice is tender but al dente. Add fresh peas with the last 1/4 cup of stock. Add grated cheese. Serve immediately.

Garden Frittata

From *Anchorage Farmer's Market Recipes*

2 tablespoons butter
1/2 teaspoons garlic powder
1 cup chopped **broccoli**
1/2 cup shredded **carrot**
2 **green onions** sliced
4 eggs beaten
1/2 cup water
1/4 teaspoon salt
1 tablespoon chopped fresh basil leaves
1/2 cup Monterey Jack Cheese
jalapeno peppers, sliced

Melt butter with garlic powder in an 8" or 9" skillet; add broccoli, carrot and green onions. Cook over medium heat, stirring occasionally, until crisp-tender. Stir together eggs, water and salt in a medium bowl; add to vegetable mixture. Sprinkle with basil. Cover; cook over medium heat until center is almost set. Sprinkle with cheese. Cover; remove from heat. Let stand until cheese is melted. To serve, cut into wedges. Garnish with sliced peppers, if desired.

White Wine Vinaigrette

From <http://find.myrecipes.com>

1/3 cup white wine
1/4 cup freshly squeezed lemon juice (from 2 to 3 lemons)
1 teaspoon honey
1/4 teaspoon kosher salt
1/4 teaspoon black pepper
3/4 cup extra-virgin olive oil

In a medium bowl, whisk together the wine, lemon juice, honey, salt, and pepper. Still whisking, slowly add the oil in a steady stream.

Ester Community Market

Thursdays

4:30 to 7:30 pm

Ester Park

Come Check out our

Local Artisans and

Farmers