



“Like pornography, junk [food] might be tough to define but you know it when you see it.” — [Mark Bittman](#)

## News from the Farm

Tomato u-pick continues. We have picking times available Saturday morning from 10am-2pm, Monday-Wednesday from 8am-5pm. If you cannot make these times and would like to pick please call or email to set up another time. We have a lot of roma tomatoes and as many cherries as you can pick. Please bring containers to transfer the harvest into. We also have tomatillos for green salsa!

It is bountiful here at the farm! We are spending most of each day harvesting at this point and have some record harvests of some late season crops like cucumbers, tomatoes, snap beans in the past week. We are also getting ready for the fall harvest season when we will have large harvests of onions, winter squash, root crops and more! The soil moisture is great and we are

hoping that storage crops have some time over the next few weeks to get nice and big! Zucchini are on the way out for the season and fall favorites like leeks and potatoes are coming.

We are bringing the last 3 steers of the season to the butcher. Please let us know if you want large order so we can get you on our fall meat delivery list.

Our wood gasification system is being installed this week which means a warm packshed for pizza dinners later this season and a nicer work environment (and warm green house) for us. We will have some minor construction going on for several more weeks. *Have a delicious week - Kat, Tony, Riley, and Ted*

## In Your Box

- **Zucchini and/or summer squash**
- **Cucumbers** – smooth, slicing and “English”/Asian varieties.
- **Tomatoes** – heirlooms & beefsteak.
- **Cherry tomatoes** – red, orange, pink and more!
- **Green, purple, or red peppers**
- **Salad mix or cauliflower-** Halfshares only
- **Eggplants-** full shares only
- **Cabbage-** half shares only.
- **Watermelons or muskmelons** – fullshares only
- **Snap beans-** dragons tongue, purple or green
- **Fresh herbs-** dill, cilantro or basil
- **Sweet corn**

**Next Week's Best Guess:** tomatoes, cucumbers, tomatillos, sweet and hot peppers, snap beans, melons, sweet corn, garlic, leeks, celery.

Pizzas of the week – Jack and dill- A jack cheese pizza with dill and sausage; Kinda Corny-Fresh sweet corn, poblano peppers, and tomatoes; 5 veggie- peppers, onions, kale, garlic, rainbow swiss chard.

## Kat's Kitchen

**Cucumber dip!** – 2-3 cucumbers seeded and grated (or pureed in food processor), 1 pint sour cream or ½ pint sour cream and one package cream cheese, 1 cup fresh herbs like dill, parsley, basil or cilantro, salt and pepper. Combine all ingredients and serve on bread, as a veggie dip.

**Easy roasted summer veggie sauce (for eating or freezing)** – in a bowl mix together at least three of the following – 1-2 eggplants cut into thin rounds, 2 large tomatoes (or 1 quart cherry tomatoes), 1-2 green or red peppers, 1 large zucchini cut into thin rounds, ½ cup chopped onion and/or garlic, 1 cup green beans cut into quarters, 2-5 Tbs olive oil getting everything well coated. Roast at 375-400 degrees stirring every 15 minutes until vegetables are caramelizing (lightly browned) and aromatic. Serve over couscous, pasta, rice with parmesan cheese or feta OR cool and bag into freezer bags and freeze.

**Grilled or broiled kebabs – inspired by Bittman's article (see other side)**

Choose at least 3-4 of the following - 1 lb cherry tomatoes, 1 onion, 1 head cauliflower, 1 green or red pepper, ½-1 lb lamb or beef, olive oil, skewers wood or metal, 1 Tbs cumin, 1 tsp salt, chili powder (optional). Cut vegetables other than tomatoes into pieces that fit onto skewers easily, combine in a large bowl with spices and oil. Coat well and skewer. Broil at about 4 inches from heat source (either oven broiler or grill) turning twice. This should take 10-15 minutes.

**Freezing cucumbers-** what am I saying here... yes indeed freezing cucumbers for winter is a possibility even if it seems rather nuts right now. We froze about 4 quarts of premade cucumber salad this weekend!

## Make Peace with Meat – A flexitarian feature by Mark Bittman in the New York Times

I probably eat a third as much meat as I used to and, on the not-rare (three times a week?) occasions that I do indulge, I eat less of it. I'm reminded of a really good plate of slow-roasted lamb shoulder I had in Seattle two weeks ago; there were about six ounces on the plate, and I ate half. It was delicious, and it was enough. This is no longer a conscious thing but a new habit. The new habits, I suppose, come from new attitudes. The vast majority of Americans still eat meat at least some of the time. Statistically, most of us eat it in unwise, unsustainable and unhealthy quantities.

I'm betting that you eat meat more consciously (and less of it) than you once did. The health, environmental and ethical concerns affect the attitudes of almost everyone I encounter, and although our priorities differ, few people I know indiscriminately fill their supermarket carts with shrink-wrapped meat and leave. Not long ago, almost all of us did that. It was never easy to judge meat quality, and that remains the case. The Agriculture Department grades meat by fat content, "select" being the leanest and "prime" the fattiest. This is not an adequate system for those of us who consider other things when we buy meat, including at least some assurance that the animal was treated humanely. (There are also the issues of aging — with beef at least — and the animal's breed, but I'm not getting into that here.)

"Humanely" means different things to different people. Veal consumption plummeted in the '80s when confinement turned people off, and as a result crates are set to be phased out by 2017, producers say. But veal can be as natural a part of legitimate agriculture as any other animal. If you consume dairy, you support veal production.

When it comes to beef, pork and lamb, some people insist that meat come from animals raised on small farms, individually tended; others are interested only that the animals are not raised in confinement or routinely fed antibiotics. Feed is also an issue, because cows evolved to eat grass, not grain.

Many of us consider all of those factors when shopping. Sadly, claims like these are not ironclad and difficult to vet. But they're still better than buying commodity or branded meat from the country's biggest producers, which is almost assuredly from animals that have been subjected to confinement, prophylactic drug therapy and assembly-line processing. I feel best when buying from a farmer or farmer's representative I know, or think I know. But even assuming this is possible, it has what at first appears to be a decided drawback: cost. It's difficult to nail down averages, but if commodity meat — I'm talking about red meat here, but most of what follows could be argued about almost any product — costs something under \$10 a pound in most cases, and national brands from humanely treated animals like that from Niman Ranch or Coleman Natural cost maybe twice as much, meat from local farmers costs considerably more. It's not uncommon to spend \$25 or more a pound on beef from a trustworthy source. The immediate response that we as consumers have to this is "ouch." Counterintuitive as it may seem, this is good for everyone.

Relatively large-scale sustainable and "natural" or "organic" or "humane" farmers might raise 500 pigs in a year — they are not getting rich. We want these farmers to earn a living; they are stewarding the land in a manner we appreciate and they are providing us with the kind of food we want to eat; they are not using antibiotics routinely or torturing animals. Nor are they likely to be receiving, directly or indirectly, federal subsidies. And they are providing us with meat that tastes better. All of which may not make up for spending \$30 instead of \$15. But there are other reasons you can live with these higher prices. It's widely accepted that large quantities of red meat may be problematic, health-wise, and we know that many people have made it a goal to eat less meat because large-scale industrial production is damaging to the environment. This is to a great extent what flexitarianism is about, after all.

Here's a way to think about it: The price of food in general is what economists call "inelastic" — you're going to eat something no matter the cost. But the price of any particular food like meat is elastic — you will buy less as it becomes more expensive. Though it may at first seem paradoxical, this is a good thing from nearly every perspective.

I am saying this: Spend the same \$30, or \$50 or \$100 or \$300 on meat that you now spend each week or month, but buy less and buy better. You might compare this to an annual purchase of 20 \$5 T-shirts made by [child labor](#) versus one of five \$20 T-shirts made by better-paid and better-treated workers from organic cotton. Expensive meat from real farms is a more extreme example of this less-is-better policy. Then cook meat differently. I could offer hundreds of recipes for dishes that take advantage of this kind of cooking. Here are three, which are among my current favorites, using different meats, cooking techniques and vegetables.

The first is a vague interpretation of fajitas that focuses on grilled vegetables and makes beef a supporting player. A pound or so of tender, fatty rib-eye or sirloin goes a long way here. And it makes a lovely impression if you present it whole before slicing or chopping. You can cook everything in a cast-iron skillet (you will most likely need more than one, or you will have to cook in batches) instead of on a grill. The second is a new-age version of a veggie burger (as in half and half, not a burger made from vegetables and grain), which you might also think of as a stuffed mushroom. It's terrific, hearty, unusual and really cool: a portobello filled with sausage meat and grilled. In this instance, a broiler will work, as will a skillet. Finally, there is an Asian-style veal stew. Despite the name, it's a fairly quick dish to prepare, combining simple technique with decidedly unexpected flavors and doing so with plenty of vegetables. Finding good veal is perhaps the most difficult challenge, although tender beef, like tenderloin or pork from the shoulder, also works well.

These are good recipes. With really good meat (and less of it), they're even better. That's a change in attitude.