

Meanwhile Back at the Farm...August 30, 2001

Howdy Folks,

Well the talk at the Solfest went pretty well. There were about 100 people in the audience and it was the first talk I've given about alcohol fuel in over 20 years.

The squirrels at Matadero are driving me a little crazy. They have been destroying our bell peppers and to some degree our tomatoes. They have shifted over into "fall" mode and are desperate to start collecting and storing seed for the winter. They go for the seed in the peppers and tomatoes.

What drives me really crazy is that they will bite a hole in the pepper just to see if there are any seeds inside. If they ate the pepper and didn't waste it, it wouldn't be so bad. But they bite one fruit after the other not figuring out the difference between one which is more mature and those that aren't. I threw away 5 for every one I kept today when harvesting the main crop. Luckily we still had a huge crop of them.

Tomatoes started to come in this week. This is about 8 weeks later than I was hoping for. This summer has been so much cooler than most years that many farmers are just now getting their fruit to ripen. Our plants are just loaded to the gills with big fruit too.

The purple basil this week is fat and happy. You'll be getting a big bouquet of it. Some of the members have told me that they like it a lot since it is not as pungent and can go directly into salad.

We are seeing an upswing in cucumber production too. It should get better and better over the next few weeks.

Greens are growing well at Pescadero and you are getting a first cutting of Cho-Ho which is a relative of Tat-soi but much bigger.

Short newsletter this week because I'm a little behind on getting the harvest out.

The Food

Purple Ruffles Basil: A mild colorful basil

Salad Mix: Mostly lettuces

Bell Peppers: They just keep coming. Most of these are really nice big ones.

Cho-Ho: A bok choy like oriental green. Great for steaming or stir-fry.

Summer squash: These plants are booming at Matadero

Cucumbers: Various types-Both lemon and normal types.

Tomatoes: The first modest harvest.

Oriental Noodle Salad with Cashews

8 ounces whole wheat udon noodles

2 to 3 cups shredded Cho Ho

1 summer squash, cut into matchsticks

1 zucchini cut into matchsticks

1/2 matchstick pieces daikon

1 carrot cut into matchsticks

3 or 4 green onions cut into thin diagonal slices

Marinade (see note)

1/4 cup cashews lightly toasted

*Marinade

2 tablespoons dark sesame oil

2 tablespoons soy sauce

Juice of 1 orange

2 tablespoons sweet brown rice vinegar

2 tablespoons mirin

1 clove garlic minced

Pinch of powdered ginger

3 to 4 tablespoons sesame seeds lightly pan toasted and partially crushed

Cook noodles, drain rinse well and set aside.

Combine Cho Ho, summer squash, zucchini, daikon, carrot and green onions in large bowl.

To prepare marinade warm oil and soy sauce gently in a small saucepan over low heat 3 to 4 minutes.

Whisk remaining marinade ingredients into oil mixture and pour over the vegetables.

Allow to marinate 30 minutes tossing occasionally.

Just before serving toss marinated vegetables and any remaining marinade with

noodles

Stir in cashews and serve at room temperature or chilled.\

Makes 2 servings

enjoy

Rose