



August 2009

green string farm news

Farm News

In the Store

- apples
- green beans
- yellow wax beans
- beef cuts
- red beets
- blackberries
- raspberries
- strawberries
- carrots
- green Swiss chard
- cheddar cheese
- monterey jack cheese
- lemon cucumbers
- slicing cucumbers
- eggs
- fennel
- garlic
- ground beef
- fresh oregano
- fresh purple basil
- fresh rosemary
- fresh thyme
- lacinato kale
- leek blossoms
- lettuce
- red onions
- white onions
- plums
- red lasota potatoes
- yellow finn potatoes
- tomatoes
- purple-topped turnips
- green zucchini
- romanesca zucchini
- ronde de nice zucchini
- white lebanese zucchini
- yellow zucchini

Pretty much all of the summer crops have made an appearance at Green String now. The zucchini, potatoes, berries and plums are plentiful, and in the last week of July our tomatoes finally started ripening. We've started harvesting eggplants and peppers for restaurants, and they should be available in the store before long. The only summer crop we're still waiting on is melons - they won't be ready for a while yet.

Our crew and interns are working around the clock to keep everything picked and watered and happy, and having such a wide array of delicious summer vegetables and fruit is a fantastic reward for the long days and hard work.

If you came out to our Barn Dance on August 1, we want to thank you for making it the most successful event we've hosted yet! Over 300 people came to dance, eat, drink, and laugh with us, and we raised \$2,100 for the internship program! The summer interns (who put on the event) are leaving at the end of the month, but they can be sure they've left their mark on the program forever.

Green String Beef

If you've heard much about the meat industry recently, you may be put off by what you've learned. Cattle have it particularly rough in commercial settings, as they live in extremely crowded conditions and eat corn that they can barely digest.

Up in Red Bluff, CA (near Redding and Shasta), the same people who run Green String Farm maintain a small beef operation that is refreshingly different. About 100 head of cattle live on 8,000 acres (200 acres in the winter), split between two ranches. They're never fed corn and never live indoors. Instead, they live on wide open fields and eat the grass growing beneath their hooves. When an animal reaches slaughter weight, its diet is supplemented with alfalfa hay.

Cattle are sent to Johansen's Meat Processing in Orland two at a time. From there, the packaged beef goes straight to the freezer in our farm store. Our ground beef is most popular, but we also offer a small selection of cuts. If you eat red meat, we hope you'll give our beef a try. We raise our cattle with the same care and pride we put into growing vegetables, and we're just sure you can taste the difference.

Seared Zucchini Spears

August is here, and that means it's time to start looking for ways to integrate zucchini into every meal! This preparation is as simple as it is delicious, and it's pretty enough to serve alongside fancy dishes. Watch out though -- you might find your dinner guests fighting over the garlic cloves! *Serves 2-4*

- 1 tablespoon butter
- * 2 cloves garlic, crushed
- * 2 small zucchini, each cut into 6 long wedges
- salt and freshly ground pepper

1. Melt butter in a wide skillet over medium heat.
2. When foam subsides, add garlic and zucchini (with a cut side down). You may have to work in batches to avoid overcrowding the pan.
3. Cook zucchini until the first side is slightly browned, about 5 minutes. Flip each spear to cook the second side.
4. When second side is browned, remove zucchini.
5. If garlic still seems somewhat raw, continue to cook over low heat until the cloves are a deep, slightly translucent gold.
6. Top zucchini with garlic, and sprinkle with salt and pepper. Serve while still piping hot.

Fresh Tomato-Basil Sauce

When you have perfectly ripe, fragrant tomatoes, the last thing you want to do is overcook them. For this sauce, think “warmed”, not “cooked”. The tomatoes and basil are gently heated just enough to bring their flavors together and make a juicy topping for pasta, bruschetta, or even fried eggs for a quick, gourmet breakfast. *Serves 2*

- * 1 tablespoon flavorful olive oil
- * 4 small tomatoes, cut into sixths
- * small handful (about 20) basil leaves, whole or cut into ribbons
- 1 teaspoon balsamic vinegar
- salt

1. In a small pan, heat olive oil over low heat.
2. Add tomatoes and crush each wedge gently with the back of a fork or wooden spoon - just enough to release some juices.
3. Add basil, toss, and heat until the mixture just begins to simmer.
4. Add balsamic vinegar, toss to combine, and remove from heat. Add salt (if needed) and serve.

Meatloaf

For when you need the comfort of an easy dinner that really is just like Mom used to make. *Serves 4*

- * 1 pound ground beef
- 1/4 pound ground pork
- 1/2 cup raw oatmeal
- 3 tablespoons red wine
- 1/4 cup Parmesan, grated
- * 1 small onion, grated
- * 1 egg
- * 1/4 cup mixed fresh herbs, chopped (try thyme, sage, and oregano)
- 1/4 cup tomato paste plus extra
- 1 teaspoon salt
- 1 teaspoon ground pepper

1. Combine all ingredients.
2. Press into a loaf pan.
3. Top with a thin layer of additional tomato paste.
4. Bake at 350°F for one hour.