

Johnson's Backyard Garden
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Saturday Harvest 6-10-06 :

Sweet 1015 onion	Sweet and Hot Peppers
Basil	Cherry Tomatoes
Squash	Collards
Tomatoes	Okra
Cucumber	Eggplant
Potatoes	Zucchini

With us signing papers this Wednesday for the farm...I must be getting excited about us having cows...the owner of the property insisted that the cows convey as part of the sale.

Last week I read an article in time magazine that I though was interesting.... ***The Grass-Fed Revolution. Beef raised wholly on pasture, rather than grain-fed in feedlots, may be better for your health--and for the planet.*** I must admit that before recently I never paid much attention to the difference between grain feed compared to the leaner grass fed alternative. The link to the article is below. <http://www.time.com/time/magazine/article/0,9171,1200759-1,00.html>



Left to right...Grit, Drew, Lila, Beth, Ada and Matt. Notice Lila in the chicken outfit with egg in hand!

THE REAL DIRT ON FARMER JOHN

On 9:00 pm, Tuesday, June 13th PBS station KLRU in Austin' "Independent Lens" program will broadcast the award-winning documentary THE REAL DIRT ON FARMER JOHN.

THE REAL DIRT ON FARMER JOHN is the epic tale of a Maverick Midwestern farmer. An outcast in his community, Farmer John bravely stands amidst a failing economy, vicious rumors, and violence. By melding the traditions of family farming with the power of art and free expression, this powerful story of transformation and renewal heralds a resurrection of farming in America. The farm Angelic Organics is one of the largest CSA's (over

1000 members) in the nation. Website has photos of the farm. <http://www.angelicorganics.com/>

BACKYARD EGGS

Fresh eggs from our backyard flock are available for \$4.00 dozen or \$2.00 for a half dozen. The rooster's name on the sticker is "Mean Rooster" ...Lila named him. We had to configure our nest boxes so the children can pickup the eggs without going in the chicken coop any longer.



RECIPES

Below are a few recipe ideas from various sources. I have a weakness for recipes and cookbooks.

QUICK PICKLED OKRA (Beth makes this for me)

- 1 lb okra
- 6 tablespoons kosher salt
- 2 c water
- 3 c distilled vinegar
- 2 tablespoon sugar
- 2 bay leaves
- 1/4-1/2 teaspoon cayenne pepper
- 1 teaspoon brown mustard seeds
- 2 c sliced onions

Soak okra briefly in cold water. Drain. Toss in 3 T salt. Drain 1 hour. Combine water, vinegar, remaining salt, sugar & spices in a nonreactive saucepan over medium heat. Stir to boil. Add onions. Cook 1 minute. Rinse okra in cool water. Place in large plastic container. Cover with brine mixture and stir. Cover & refrigerate at least 6 hours. Best used after 3 days in fridge. Will keep about a month. (can also use string beans if you blanch them first in boiling water)

PIZZA MARGHERITA

10 ripe plum tomatoes, peeled, seeded, and chopped
2 tbl thinly sliced fresh basil, plus 6 leaves, torn into small pieces
salt and pepper
1 recipe of Pizza Dough (see recipe below)
1 tbl extra virgin olive oil
5 ounces mozzarella, thinly sliced

1. Preheat the oven to 500°F.
2. In a saucepan, bring the tomatoes and thinly sliced basil to a boil over high heat. Reduce the heat to low and simmer until tomatoes are reduced to 1/2 cup, 15 to 20 minutes. Season to taste with salt and pepper. Cool.
3. Punch down the dough. On a floured surface, divide the dough into 2 pieces and form each into a ball. Roll one piece into a 10-inch circle, about 1/4 inch thick. Transfer it to a well-floured pizza stone or paddle.
4. Brush the dough to within 1/2 inch of the edge with half of the oil. Spread half of the tomato sauce to within 1/2 inch of the edge. Place half of the cheese over the sauce, distributing evenly.
5. Slide the pizza onto a hot pizza stone or cookie sheet and bake until golden and crisp, 8 to 12 minutes. Remove from the oven and serve immediately, topped with half of the torn basil. Repeat with the remaining dough and topping ingredients.

-Joanne Weir, You Say Tomato

PIZZA DOUGH

2 tsp active dry yeast
2 cups all-purpose flour
2 tbl olive oil
1 tbl milk
1/2 tsp salt

1. In a small bowl, combine 1/4 cup lukewarm (110°F) water, the yeast, and 1/4 cup of the flour. Let stand for 20 minutes.
2. Add the remaining 1 3/4 cups flour, 1/2 cup lukewarm water, the olive oil, milk and salt and mix.

SUNFLOWER-SQUASH SALAD

1/3 C sunflower seeds, divided
1/2 medium red pepper, diced
1 Tbl corn or sunflower oil
2 small zucchini, cut into matchsticks
3 Tbl cider vinegar
2 small yellow squash, sliced into 1/8 inch rounds
1 large clove garlic, minced
Freshly ground pepper

Toast sunflower seeds 15 minutes in oven at 250 degrees. Whirl half the seeds in blender; add oil, vinegar, garlic and large grinding of pepper; whirl to blend. Arrange red pepper in center of high-sided platter, place zucchini sticks around edge and squash rounds between the two. Pour dressing over all and sprinkle with remaining sunflower seeds. Cover and

refrigerate at least an hour before serving. Makes 6 servings.

ZUCCHINI BREAD

3 eggs
1 cup oil (can substitute plain yogurt for all or 1/2)
1 cup sugar
2 cups finely shredded zucchini
1 tsp vanilla

Beat the eggs until lemon colored. Add all the other ingredients and mix well.

Mix all the dry ingredients below and add to liquid ingredients.

3 cups flour (can substitute whole wheat or oats for 1/2)
3 tsp cinnamon, nutmeg or cloves
1 tsp salt
1 tsp baking soda
1 1/2 tsp baking powder

Once all ingredients are mixed well, gently fold in 1 cup chopped nuts and 1 cup of raisins if desired. Bake in 2 greased and floured bread pans for 1 hour at 350*

COLLARD GREENS

1 bunch collard greens (break off end stems and keep only greens)
optional - handful chopped okra

Wash leaves under running water. Cut/break into 4" or so pieces. Put in med-large pot with about 1/3 as much water as you have in greens *Add salt to taste and cover pot. Cook about 30 minutes.

Optional...add okra, whole or cut, for the last 10 minutes of this. We like this with pepper vinegar sauce....Tabasco peppers fermented in vinegar.

This is good served with cornbread, fried okra, candied sweet potatoes, fried chicken. It is also good cooked with smoked turkey or beef.

ROASTED TOMATO & EGGPLANT TIAN

2 Tbs olive oil
1 1/2 pounds tomatoes, sliced 1/4 inch thick
1 pound Asian eggplant (or purple eggplant), sliced crosswise 1/4 inch thick
3/4 tsp sage
3/4 tsp marjoram
1/2 cup Monterey Jack (or cheese of choice), grated
2 Tbs Parmesan, freshly grated
salt & pepper

Preheat oven to 400. Spread oil on 2 baking sheets. Arrange tomato slices in a single layer on one sheet and eggplant on the other. Season with salt and pepper, sprinkle with the herbs. Bake for 30 minutes; turn the slices and bake for 10 more (until eggplant is golden on both sides and tomatoes are jamlike). Remove from oven and reduce heat to 350.

Transfer 1/3 of tomatoes in even layer to 9x9 baking dish. Cover with 1/2 of eggplant and 1/3 of Monterey Jack. Repeat. Top with remaining tomatoes and any juices from baking sheet. Sprinkle the Parmesan and remaining Jack on top. Bake for 20 minutes, or until lightly golden. Cover with foil and let sit for 15 minutes before serving.
-Recipe from: Angel Valley Organic Farm

