



Lone Willow Ranch

Sept. 4, 2008

Where does the time go? We are already heading into fall. The days are getting shorter, the weather is getting cooler. Football is starting, before you know it will be Christmas. Emily left the farm on Tuesday, a sad day for us. We really enjoyed the sprit she brought to us. Dot & Meg will never be the same. Emily will stay a week at Davis and then she is going to relocate in Portland Or. We wish her the best of luck and keep her in our prayers.

This Week's Box

We have the sweet corn, apples, carrots, cucumbers, onions, garlic, eggplant, beets, tomatoes, peaches peppers, herbs, and the first of the black eyed peas. When black eye peas are very young you can cook them like green beans. We call them snap peas. I like to use little snap peas and the fresh black eye peas together to make a soup like dish. Try this; 8 ounces black eye peas, 6 cups water, 1 large onion, finely chopped, 4 carrots, thinly sliced, 2 tablespoons fresh garden herbs, finely chopped (What ever you like) 4 large clove elephant garlic, crushed, 1 teaspoon cayenne pepper, 2 teaspoons salt, 3 teaspoons coarsely ground black pepper

Directions; Bring water to a boil in a deep pan. Add peas, onion, carrots, garden herbs, elephant garlic, cayenne pepper, salt and black pepper. Boil rapidly for 15 minutes until frothy. Remove froth with a spoon and discard. Reduce heat and simmer until desired tenderness.

Farm Report

This past weekend was Slow Food Nation. We have a very nice time. The weather in San Francisco was just beautiful. The total event was outstanding. We are very pleased to attend and took along some of the kids and interns hoping to make a difference in the way we all choose our food. We attended a lecture with Joel Salatin and Jerry Brunetti that captivated the audience, with their dynamic presentation on food and the relationship we have with it. Joel's Farm Polyface Farms was featured in Michael Poland's Book *Omnivore's Dilemma*. Jerry is know as a leading American nutrition consultant, renowned for his passionate, uncompromising presentations on Soil, Animal and Human health. Jerry Brunetti - *Food as Medicine*. You can read up on this subject by googling their names.

Until next week,

Cheers,

Farmer John & Shelby