



Weekly News

This week in the garden~ by Michele Roy

Summer squash! Cauliflower! Peas! Well, some peas. More coming soon. We have a few edible podded peas this week. There aren't lots, so enjoy them in a stir-fry or two.

The summer squash were amazingly hard-won this year. I remember the days when you couldn't give a zucchini away. The cucumber beetles these last few years have changed that!

This week we planted the last of the fall carrots and beets. We also transplanted cilantro and many more lettuces into beds recently vacated by cabbages and peas. When the next batch of peas are finished we have kale transplants to fill them with, and will also plant fall spinach and arugula.

We have baby peppers happening and some good-sized green tomatoes. Ben picked a few handfuls of blueberries off of our new blueberry plants. We are still waiting for the new everbearing strawberries to kick in. We are hopeful that with the irrigation system we'll still get a good, if late, crop of berries.

I've included two cauliflower recipes for you to try. This is the first year I've ever attempted to grow cauliflower and am pleased with the crop. I hope you enjoy them.



Blossom on the yellow summer squash. The honeybees are all over these plants, despite all the reports of their scarcity.

**Height-of-season
Potluck
Thursday, August 2,
Starting at 5:30—save the date!**

Cauliflower - general handling info:

Trim off leaves. Rinse. Cut out the cone-shaped core at the base. Stop there if cooking it whole, otherwise, break it into florets. To cook it whole, set cauliflower head-up in a steamer with an inch or so of water, cover and steam until barely tender. Lemon juice, butter, olive oil, soy sauce or tamari are all good toppings.

Cauliflower Pasta

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| ¼ c olive oil, divided | 2 tsp finely sliced basil | 1 tsp thyme |
| 3 cloves garlic, minced | ½ cup parmesan cheese | 1 lb uncooked pasta |
| 1 head cauliflower, broken into bite-sized florets | 1 ½ cup grated cheddar cheese | 2 Tbl butter |
| 1 tsp salt | 3 Tbl water | 2 cups tomato puree |
| 2 tsp parsley | | |

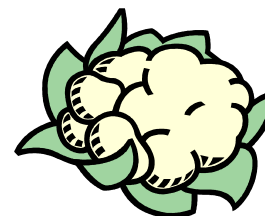
- Heat 2 Tbls. Oil in large skillet over low heat. Add garlic, sauté 1 minute.
- Add cauliflower and sprinkle with 1 tsp salt. Turn up heat to med-high and sauté 5 min. Add 3 Tbl of water to skillet, cover, and cook for 5 more minutes.
- Stir in tomato puree, parsley, and thyme; bring to simmer, cook for 15 minutes, stirring occasionally. Season with pepper to taste.
- Cook pasta. Drain. Put pasta in large bowl. Pour cauliflower sauce over pasta and toss. Stir in remaining oil and butter, cheeses, and basil; toss until all combined. Garnish with more Parmesan if desired. Serve hot.

Curried Cauliflower

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| 1 Tbls oil | 1 tsp salt |
| ½ tsp mustard seeds | 1 head cauliflower, cut into bite-sized pieces |
| 1 tsp turmeric | ½ cup water |
| 2 tsp crushed coriander seeds | ½ tsp curry powder |

- Heat oil in medium skillet over medium high heat. Add the mustard seeds. As soon as they start to pop, stir in the turmeric and salt. Add the cauliflower; mix well. Cover and cook for 5 minutes.
- Stir in the water, coriander, and curry. Adjust the heat to low and cook, covered, for 5 minutes.

Steamed peas make a great addition to this dish!



Ask Barbara: Ruminations on the future of food



Barbara, our lead ewe and two-time mother of twins, answers readers questions from time to time.

Dear Barbara: Do you think the current system of industrial agriculture — based on artificial fertilizers, herbicides and pesticides — can evolve into a sustainable system of naturally produced food? —Concerned Omnivore

Dear Concerned: In the short term, there is a good chance that people will demand good food and force the system to change to healthier food production — local food systems, grass-fed beef, pastured pork, and free range chickens.

However, the long-term solution involves something much more ingenious: the rumen. Sheep like me have rumens, so do cows and other grass-eating animals. Rumens allow us to turn grass into food by providing the right mix of bacteria and temperature to allow indigestible grass to pass on to the next stomach for digestion. It is a model of intelligent design, if you know what I mean.

We live in a great country, one that can boast such far-reaching achievements as the stomach by-pass and the breast implant. Can the artificial “rumen for humans” be that far away?

The new artificial rumen could be no larger than a hot water bottle (remember those?) and artfully constructed to enhance both the male and female physique (being a female sheep, I am venturing into unknown territory here).

With the new artificial rumen, the food supply for humans becomes almost limitless. You can start with your own lawn — forget the drudgery of weekly lawn-mowing!

Think of the nearby hayfields and pasture lands — mow them down. Pass local ordinances against turning them into housetlots and fast food operations.

What about returning the vast corn/soy farms of the midwest back to prairie? Imagine crowds (herds?) of humans as far as the eye can see, moving over the endless landscape. Just like the days of the buffalo.

When you have had enough to eat, just relax and “chew your cud,” as they say. It won’t look so funny when everyone

is doing it. Lots of people are already there.

And if you have a craving for “regular food” like a juicy steak, seafood, or (heaven forbid!) rack of lamb, switch the “rumen by-pass” under your armpit and there you are!

Consequences? You bet!

- Once again, our cities will have thriving haymarkets to feed our urban populations. Farmers will bring vast acreages of abandoned farmland back into production;
- Bye-bye riding lawnmower sales operations and lawn service businesses. You can keep your own lawn well trimmed;
- So long to the multibillion dollar pesticide, herbicide, and fertilizer industry. Not needed for grass production;
- Fast food? Grass food!
- So long also to the 600 million acres in the production of corn and soy beans and all the baggage that implies, including 38 billion in annual tax subsidies;
- No-fat diets for everyone. Grass is also very low in sodium (except salt hay) and cholesterol.

Rumens for humans: think of the possibilities!

Curried Cauliflower

- 1 Tbls oil
- 1 tsp salt
- ½ tsp mustard seeds
- 1 head cauliflower, cut into pieces
- 1 tsp turmeric
- ½ cup water
- 2 tsp crushed coriander seeds
- ½ tsp curry powder

1. Heat oil in medium skillet over medium high heat. Add the mustard seeds. As soon as they start to pop, stir in the turmeric and salt. Add the cauliflower; mix well. Cover and cook for 5 minutes.
2. Stir in the water, coriander, and curry. Adjust the heat to low and cook, covered, for 5 minutes.

Steamed peas make a great addition to this dish!



Anna and Ben returning home through the cow pasture currently being scythed. Our crew rises early and is in the field scything by 6 a.m.