

News from the farm: To be perfectly honest, I played hookie today and it was so wonderful. Work was nagging, as it always does, but that gets to be an old story. So I completed some essential chores and packed my bags for the river. On a tough and nasty day in July, one of the veteran farmers of the valley told me that the river is good medicine. He said with a wry smile, "you can let all your problems float away". I liked the sound of that advice and I felt certain that it was a tried and true suggestion so I stowed it away till today. Just to set the scene, this is a very remote, isolated, wild stretch of river. The only access is through private property so it's more common to see elk or bear rather than another human. Mid-day I was caught off guard by the silhouette of a person walking down stream. This man stopped to talk. He was surprised to learn that we supported our family by farming (vs the hobby farmer). He grew up in the valley and his father was a farmer. He told me stories from his childhood and how the valley used to be full of farmers. Now there are only a handful left as most valley dwellers commute to town and work a job. I left the river today with a new perspective. Small, diversified farms really are an important part of the shifting landscape and farming legacy. As population density increases, farmers are being forced to innovate and do things in such radically new ways. I feel like Geoff & I know so little, we make big mistakes, but we keep pushing forward. In my wildest dreams, we would be a stone in the bridge that gaps the days of yesterday to the days of tomorrow.

Here's what's in your box: green beans, yellow onions, cilantro, garlic, tomatillos, peppers inc: ancho poblano (2), jalapeno (3), hinklehatz(1), tomato, cucumber, and kale

Did you know? As the name implies, hinklehatz is a HOT pepper. Not for the meek or mild-tempered palates (like mine). Proceed with caution and a glass of cold milk.

Quote:

When all the original ~~blues-guys~~ 'farmers' are gone, you start to realize that someone has to tend to the tradition. I recognize that I have some responsibility to keep the music 'small farm' alive, and it's a pretty honorable position to be in.

~Eric Clapton

with a small adaptation for relevancy & good humor

Recipe:

CREAMY TOMATILLO-CILANTRO DRESSING

- 1/2 cup lowfat buttermilk
- 1/2 cup fat free Greek yogurt
- 1 small jalapeno, seeds removed, leave them in if you want it spicy
- 1/4 cup of fresh cilantro
- 1 tomatillo, husks removed, chopped
- 1 clove garlic
- 1/4 finely diced onion
- juice of 1/2 lime
- 1/8 tsp cumin
- 1/4 tsp fresh ground pepper
- 1/4 tsp salt

Combine ingredients in a blender.

This seriously addicting light dressing is the perfect topping on any salad or even great as a dip.

It's extremely versatile and has a Mexican flair so don't be shy about trying this dressing with other dishes. It's perfect served over cilantro lime rice, black beans and rice, a Mexican-inspired omlette, or a sweet, slow cooked pulled pork dish. Don't stop there--it's also fabulous over shrimp or chicken.

Enjoy!