

News from the farm: I have almost succumbed to the cold virus that is making its way around and around this fall. My base line level of activity is already pretty inflated, but the additional stuff that fall brings has left me feeling temporarily water-logged and not the least bit buoyant. Our butchering business is really busy this time of year as producers are making preparations to get their broilers, rabbits, and turkeys ready for "freezer camp" as one of my customers recently said. In the fall, I spend two to three days per week running the poultry unit which entails dead-lifting 50# crates of packaged birds for roughly 9 hours straight. I come home and chop fire wood, build a fire, take a shower, make dinner, do dishes, do laundry, feed people, and then shuffle them off to bed so my second shift can begin. Late night in the office I try to get to as much of the emailing, bookkeeping, bill paying, sales, and marketing a girl can handle after a jam-packed day of butchering. My saving grace has been a hand-made bottle of Fire Cider that was gifted to me. It's gotten me thru all my long days and short nights with only a touch of sore throat. Cheers to your health! Remember to eat your veggies and drink your cider and you will be virtually unstoppable!

Here's what's in your box: Rainbow Chard, Salad Mix, Pears, Celery, Red Beets, Storage Onions, Fresh Rosemary, Garlic, & Tomatoes

Did you know? Fire Cider was first introduced to me as Vinegar of the Four Thieves. According to legend, four thieves, one of whom was an herbalist, robbed the homes of many who had died of the Bubonic plague. They were eventually caught and brought to trial. One version of the story recounts that they were sentenced to bury the dead but would be set free if they survived. Another version tells that they were released in return for the recipe for the tonic that they credited with protecting them from the plague. Google the term for a DIY recipe.

I done wrestled with an alligator, I done tussled with a whale; handcuffed lightning, thrown thunder in jail; only last week, I murdered a rock, injured a stone, hospitalized a brick; I'm so mean I make medicine sick.

--Muhammad Ali

Recipe:

ROASTED TOMATOES WITH GARLIC AND ROSEMARY

Ingredients:

- 6 tomatoes
- 4 cloves of garlic
- 1 sprig rosemary, chopped
- Olive oil

Confession, I use these things in everything. These roasted tomatoes are what I use for my homemade marinara and they are also great on grilled cheese sandwiches. They are so rich in flavor that you'll be surprised at how easy they are to make. And once you make them, you'll be even more surprised at where they end up.

1. Slice the tomatoes so they are about 1/4 inch thick. I find the meatier they are the better they turn out.
2. On a parchment-lined baking sheet, spread the tomatoes out in a single layer and drizzle olive oil over them. Then sprinkle them with the chopped rosemary. Add the cloves of garlic to the sheet, leaving them peeled and in tact.
3. Roast the tomatoes for 6 hours at 200 degrees F. The meat of the tomato should shrivel but they will still be a bit liquidy.