

**News from the farm:** We're back!! And what a fabulous time we had. We managed to avoid the large cities of Spain and stayed in small villages and towns. We ate cuisine from a range of areas both coastal as well as inland. There was naturally an abundance of seafood in the dishes we ate on the coast (hake, cod, tuna, shrimp, mussels, clams, sardines, squid, octopus, and lobster) which made for the best paella in all of Spain. Inland dishes focused more on meats like duck, rabbit, and pigeon. Beef, pork, olives, and tomatoes were omnipresent--served in every region and at every meal. The biggest adjustment for me was not having a very large selection of vegetables. Inland, where the weather was between 100 and 108, vegetables were hard to find no doubt due to the hot, dry climate.

I loved every bit of our time away, but it sure feels good to be home. And I've got to mention the incredibly capable, generous, conscientious people that ran our farm and made it possible for us to leave for the first time in over ten years. We are forever grateful to Joel-our right hand man, Bob, Corrin, Matt, Pat, and Tyler. And then there's all of you! Thanks for bearing with any little hiccups or inconsistencies while we were away. And most importantly, thank you for believing in the work we do and supporting our family farm.

**Here's what's in your box:** Carrots, Red Russian Kale, Garlic, Blueberries, Head Lettuce, Eggplant, Peppers (Purple Bell & assortment of smalls), Parsley, Sweet Walla Walla Onion, Rosy Gage Plum

**Did you know?** The Rosy Gage plum is an improved variety with heirloom parents. It is widely known for excellence in flavor. However, it has not been accepted on the wholesale market because it does not tolerate long-distance shipment. So enjoy this unique plum here since you won't see it in grocery stores.

**“Food is a central activity of mankind and one of the single most significant trademarks of a culture.”**

Mark Kurlansky, 'Choice Cuts' (2002)

**Recipe:**

**EGGPLANT DIP (BABA GHANOUI) RECIPE**

Prep time: 10 minutes Cook time: 1 hour

Yield: Serves 4-8 as an appetizer

*You can use a food processor to make this, but take care not to make it too smooth; this is supposed to be a rustic, slightly chunky dip.*

**Ingredients:**

- 1-2 globe *eggplants* (totaling 2 lbs)
- 3 Tbsp extra virgin olive oil
- 2-3 Tbsp roasted tahini (sesame paste)
- 1-2 *garlic* cloves finely chopped
- 1 teaspoon ground cumin
- Juice of one lemon - about 2 1/2 tablespoons
- Salt and cayenne pepper to taste
- 1 Tbsp chopped *parsley*

**1** Preheat oven to 400°F. Poke the eggplants in several places with a fork. Cut the eggplants in half lengthwise and brush the cut sides with olive oil (about 1 Tbsp). Place on a baking sheet, cut side down, and roast until very tender, about 35-40 min. Remove from oven and allow to cool for 15 min.

**2** Scoop the eggplant flesh into a large bowl and mash well with a fork. Combine the eggplant, minced garlic, remaining olive oil (about 2 Tbsp), tahini, cumin, 2 Tbsp of the lemon juice, the salt, and a pinch of cayenne. Mash well. Mixture should be somewhat smooth but still retain some of the eggplant's texture.

**3** Allow the baba ghanouj to cool to room temperature, then season to taste with additional lemon juice, salt, and cayenne. Swirl a little olive oil on the top. Sprinkle with fresh chopped parsley.