

News from the farm:

I was gifted an annual subscription to the Smithsonian magazine. Rarely do I chisel out time to read, but 'Without Reservations' caught my attention. So called bad-boy chef and author Anthony Bourdain breaks down current food culture in America. The part that fascinates me is the what the author calls fetishization of food. Cooking and eating, watching other people cook and eat, taking pictures of what we're about to cook and eat. I chuckle out loud while reading because I'm guilty as can be. Cake Boss? Oh yeah! Posting pictures of dinner on Instagram? Yup. Done that.

So what's the deal? A trendy phase? Or superficiality? Nope. Bourdain suggests that the Food Network and other foodie shows have such a draw in part because they illicit feelings of nesting. It's invoking community, a kitchen table. Also, he likens our food fascination to an evolution of the American palate and a cultural shift-kind of like the New World learning what the Old World has known for centuries.

As a farmer, I live inside this world. I feel very lucky to have grown up eating dinner around a kitchen table and I cherish these memories. I've always had a fascination with food and a preference for quality over quantity. So naturally, I hope that what Bourdain intuitively is true: a cultural shift, changing values, developing traditions centered around good food and community.

Here's what's in your box: Summer squash Medley, Sprouting Broccoli, Hearts of Romaine, Raspberries, Fennel Bulb, New Potatoes, Fresh Sage, Scallions, Sugar Snap Peas

Did you know? Sage pairs especially well with eggs, chicken, lamb, onions, white beans, and apples. But, it's also good for:

For insect bites. Simply squeeze the juice from fresh leaves or even just rub leaves onto the area to soothe insect bites.

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Quote:

“The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community, from the mere animal biology to an act of culture.”

—Michael Pollan.

Recipe: New Potatoes with Garlic

New potatoes are potatoes harvested before they reach maturity—some are as small as a ping-pong ball, never larger than three inches in diameter. They are firm and moist and their skins are paper thin—they don't require peeling before cooking and serving (but you can). Like corn and peas when harvested young, they are low in starch and full of natural sugars. Enjoy this once-yearly treat.

Ingredients:

- 1 1/2# new potatoes, cut into 1" pieces
- 2 Tbsp melted butter
- 2 cloves minced garlic
- 1-2 tsp minced, fresh sage
- salt & pepper to taste

Directions:

1. Place potatoes in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 5-10 minutes or until tender. Transfer to a serving bowl.

2. Combine the butter, garlic, sage, salt and pepper; pour over potatoes and toss to coat.

Yield: 4 servings.

Sore throats. Its antiseptic and astringent properties make sage ideal for many conditions of the mouth and throat, including ulcers, gingivitis, laryngitis and sore throats. The best method is to use a sage infusion as a gargle or mouthwash.