

Quote:

The reason a lot of people do not recognize opportunity is because it usually goes around wearing overalls looking like hard work.

Thomas A. Edison

News from the farm: Our three kids are heading back to school one by one. They feel mostly indifferent about it; but I miss seeing them throughout the day and we feel the loss on the farm since they are such awesome helpers. Luckily for us, we've had our fair share of great help this summer. I asked Stefanie, one of our short term helpers who came to the farm with an interest in nutrition, to share some thoughts about her experience:

I've been at Osprey Hill Farm for the last month WWOOFing 4 days a week. I'm taking a break from my seasonal outdoor education career of the last 5 years to have my first extended farm volunteering experience. True to form on any farm, I arrived and was put to work immediately!

I landed here in Acme at a time of great abundance-my first day at work started in the greenhouse, helping harvest and bunch 50 pounds of basil. Most of every day is spent in the fields harvesting food to fill CSA boxes and other orders, or harvesting from plants that are overflowing with ripe produce that just needs to be picked. It seems that one of us volunteers or employees is picking squash, cucumbers, or tomatoes almost every day. The rest of my time is spent packing & organizing boxes, weeding beds, tending to chicken, petting the family kittens, and listening to farm lore and fun facts from Geoff.

This past week I got to help plant seeds and starts for a few fall crops: sprouting broccoli, spinach, and cabbage. It's been fun to watch them grow larger and thrive just a few days after planting.

I've learned a lot in a month, but I realize I'm just scratching the surface of all there is to know. I've seen glimpses of all a farmer must be-botanist, soil conservationist, handyman, accountant, supervisor-and done some of the most physically demanding work I've ever done. It's enlightening to see and experience where my (and your) food comes from!

Here's what's in your box:

Slicing tomatoes, collard greens, Yukon Gold potatoes, summer squash, rainbow beets, basil, Padron peppers, broccoli, orchard mix: Akane apples & Asian pears, & red Cipollini onions.

Recipe: Potatoes, Padron, Tomato Sauté

This could be eaten as a side dish, used to bed grilled steak or chicken, or serve on rafts of grilled toast as a tapa. As a tapa, have some olives, cubes of cheese, and chilled sherry, white wine, or beer handy. Maybe a side of collard greens? ummm...

INGREDIENTS

3-4 potatoes, cut into 3/8th-inch cubes
3-4 cups Padron chilies, stems cut off
4-6 scallions, whites only, cut into 1/4-inch slices
1 large tomato, diced
Salt and pepper to taste
Olive oil as needed

METHOD

Bring a large, salted pot of water to a boil. Add the potatoes and cook just until tender. Drain the potatoes and transfer to a bowl. Drizzle well with oil and toss to evenly coat. Season with salt and pepper.

Heat a large sauté pan over medium-high heat. Coat the bottom of the pan with 1/8th-inch oil. Add the potatoes to the hot pan and cook until they are golden all over and crisp. Use a slotted spoon to remove the spuds from the pan to a bowl, allowing the oil to drip back into the pan.

Now add the Padron peppers to the pan. Shake and stir as needed to brown and blister the peppers all over. Remove pan from stove, lower heat to low. Remove peppers to a cutting board and chop coarsely.

Return pan to heat, and sauté scallions just until translucent. Return all the cooked vegetables to the pan, season with salt and pepper and turn off heat.

Top with the diced tomato and they are ready to be served.