



BLUE HOUSE FARM

For the week of July 5, 2008

Notes From The Field

Along with the writings of the Blue House Farmers, Ned and Ryan, from time to time you will get to hear from the interns who work, play, and learn here. This weeks column is by Riana Giusi~

Deciding to give the next 6 months of my life to sustainable organic agriculture has been one of my better decisions. I recently graduated from UC Davis with a degree in Clinical Nutrition with a passion for all things related to food. Up until now, I have been deeply entrenched in the world of medical research placing me in sterile environments of basement laboratories lacking natural light, filled only with the buzzing hum of fluorescents. I was going to discover a plethora of new antioxidants and super foods. I thought I had it all figured out. That was my first mistake. I am glad I got out while I did. I have completely changed paths (and tax brackets) and feel more alive than ever. I am learning more on a daily basis than I ever imagined possible. My connection with my surroundings and myself has never been stronger. I really love my coworkers too which immensely adds to this entire experience. Working outside in the fresh air makes us all a little happier and saner. I challenge each of you to spend more time outside and connecting with your environment.

In my spare time over the years, I have worked as a personal chef, pastry chef and even compiled a cookbook for cardiac rehabilitation patients. My dream is to own and operate my own sustainable organic restaurant complete with a small-scale farm to supply the freshest ingredients. If you can't tell, I have a strong desire to be connected to food. I am ardent to apply my "foodie" interests to the farm and each of our members, you! Susan, my good friend and fellow intern has dubbed me "Recipe Riana" and I am eager to play the part. If I had my way this entire page would be covered in recipes, but we do like to keep you informed as to what is going on here on the farm. Instead, I would like to invite each of you to contact me regarding any questions or comments on what to create and prepare with all of the amazing vegetables that arrive in your box each week. I would be happy to send you more recipes or creative ideals of how to cook an appealing dish with that giant head of cabbage that is still sitting in the back of your vegetable crisper. Hopefully, this week's recipe can help with that dilemma. I will do my best to answer your emails every Thursday, yet please be aware that farm-life and a dial-up internet connection is not conducive to spending profuse amounts of time online. I am keen to share my interests with you and your families and hope I can help you reap more from this entire experience of a CSA. This all can't happen without your support and we greatly appreciate it.

Being a part of Blue House Farm is an experience unlike anything I have ever undertaken. Imagine working and living for 6 months, completely outside in the elements (wind, fog and, yes, frost), rising early to a full day of manual labor. The birds wake me up at dawn with their symphony of daily salutations. A short meander gets me to our outdoor kitchen for some breakfast, no driving required. It really brings new meaning to the concept of "walking to work." We accomplish amazing things daily on this farm. I am utterly astounded at the end of the day when I see all that has taken place. It doesn't feel like "work" to me either. That is when you know you have found something really special. I can't imagine anywhere I'd rather be.

-Riana

P.S. Let us all rejoice for the long awaited arrival of basil in the boxes!! I can now eat like a true Italian.

Please submit your questions and recipe requests to riana.giusti@gmail.com

In Your Box This Week

Pac Choi	Broccoli
Swiss Chard	Basil
Garlic	Salad Mix
Radishes (French Breakfast)	
Cilantro	Strawberries
Zucchini or Summer Squash	
Cauliflower	Ollaliberries

*Ollaliberries are grown by former CSA member, Valerie Hawes in her CCOF certified garden

Recipe: Spicy Tempeh Salad

Rich in protein and carbohydrates, tempeh is a by-product of soya beans. You can easily substitute poultry or beef instead allowing ample time for the meat to cook thoroughly.

- 8 oz tempeh
- 4 cups julliened vegetables (carrots, snow peas, red pepper, spring onions)
- 2 cups shredded cabbage
- 2 tablespoons toasted sesame oil
- 4 oz crispy Chinese noodles
- 2 crushed cloves garlic
- 1 tablespoon sweet chili sauce
- 2 tablespoons lime juice
- ¼ cup oil (canola or vegetable)

Preheat oven to 400F. Place tempeh, cut into fine strips, on a non-stick baking sheet. Brush the tempeh strips lightly with sesame oil and bake for 20 minutes. Place the tempeh into a bowl with julliened vegetables. Add shredded cabbage, toasted sesame seeds, and crispy fried Chinese noodles. To make the dressing, whisk together garlic, sweet chili sauce, lime juice and oil. Pour the dressing over the salad and toss to combine.

Serves 4-6.

-Recipe from *The Essential Vegetarian Cookbook*