



Weekly News and Recipes

This has been a busy week, and at the moment we are giving a sigh a relief that this summer is fizzling out weather wise. We had some irrigation issues early in the week that resulted in us being without water for two days. If those two days had been in the 85+ range our food would be hurting for sure. The water is back up and running and its business as usual...thank goodness.

This week also marked the end of the greenhouse seeding. We put our last seeds into trays to be transplanted out. While still in July, farmers have their minds firmly in fall and winter. These are the last days to get transplants started and seeds into the ground to sustain us through the slow winters. This week we are beyond proud to be able to offer you tomatoes. We

started these plants back in January and gave them much TLC including a space heater to keep cozy at night. They got transplanted into the field before the crummy June weather hit. We got tall hoop houses over them so they never felt the unseasonal rain and cold. I am also seeing cucumbers getting close and the tomatillos are set for a bumper crop. -Amy

Growing Organic Vegetables in the Orting Valley since 2009!

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Swiss Chard and Summer Squash Gratin

1 tablespoon olive oil
2 cloves crushed garlic
2 tablespoons chopped onion
2 sprigs chopped basil
½ cup uncooked brown rice
¾ cup water
2 small summer squash, sliced ¼ quarter inch thick

4 medium tomatoes, sliced ½ inch thick
Salt and pepper to taste
½ cup grated Asiago cheese, or ¼ cup grated
Parmesan or Romano

Preheat oven to 375 degrees. Heat

olive oil in gratin dish or ovenproof skillet. Sprinkle garlic, onion and basil on top of oil. Add rice and water. Layer squash and tomato over rice. Add salt and pepper to taste. Bake 20 minutes. Preheat broiler. Sprinkle cheese over top, broil until golden brown. Serve at once.

Spicy Savoy Slaw

5 tablespoons seasoned rice vinegar
1 tablespoon sugar
1/2 teaspoon salt
1 to 2 teaspoons minced fresh serrano chile (including seeds)
1 teaspoon finely grated peeled fresh ginger
1 1/2 teaspoons Asian sesame oil

1 1/2 pounds Savoy cabbage, thinly sliced (6 cups)
1/4 pound snow peas, trimmed and very thinly sliced lengthwise (1 cup)
1/4 red bell pepper, cut into thin matchsticks

Whisk together vinegar, sugar, and salt in a large bowl until sugar and salt are dissolved, then whisk in chile, ginger, and sesame oil. Add remaining ingredients and toss well. Let stand, uncovered, at room temperature, tossing occasionally, until wilted, about 30 minutes.

Swiss Chard with Tomatoes and Chickpeas

¾ cup (5 ounces) dried chickpeas or 1 20-ounce can chickpeas, drained
1/4 cup olive oil
5 garlic cloves, finely chopped
6 canned plum tomatoes, drained and finely diced
1 or 2 bunches (about 1 pound) fresh Swiss chard, washed, stems cut crosswise into 1/4 inch sections, leaves cut into 1-inch-wide ribbons
1 teaspoon salt
Freshly ground pepper
1 teaspoon good-quality extra-virgin olive oil

If using dried chickpeas: Soak overnight in cold water to cover by about 3 inches. Drain. In a medium pot, bring the chickpeas and 2 1/2 cups water to a boil. Cover, lower the heat, and simmer until tender. You should check after an hour, but this could take as long as 3 hours. Put the oil in a wide, medium pot over medium-high heat. When hot, add the garlic and stir for 20 seconds. Add the tomatoes and stir for a minute. Add the chard stems and stir for 2 minutes. Add the chard leaves and stir until they wilt. Add the chick-

peas, their cooking liquid, the salt, and 3/4 cup water (if using canned, drained chickpeas, add them now along with 3/4 cup water or stock; easy on the salt). Mix well. Cook on medium heat, uncovered, for 20 minutes, stirring occasionally. There should be a little thick juice left at the bottom of the pot when you finish. Taste for salt and pepper. Serve hot or at room temperature, drizzled with the good extra-virgin olive oil.

In This Week's Share:

Pearl Onions	1 bu
Red Chard	1 bu
Basil	1 bu
Carrots	1 bu
Romaine Lettuce	1 hd
Savoy Cabbage	1 hd
Salad Mix	1/3 lb
Tomatoes	1 lb
Mixed Summer Squash	1 lb