



# Weekly News and Recipes

I do think we have seen the last of the hot temperatures of the season. It's a rarity to see temps in the 80s once September comes. Now is the time when plants start slowing down and the ones that are mature start fruiting. We have all the fall and winter crops in the ground and are looking forward to a break. I am writing this on Friday. So by the time you are reading this our open house has already hap-

pened. At the present time we are in a flurry of activity getting the farm ready for you to come out. Keeping our fingers crossed for the perfect sunny but cool late summer day. I hope to get a chance to meet you and show you around our world. Last night, Agustin came in from the field with a huge appetite for a dinner that wasn't prepared. He asked me to go outside and get some tomatoes, an onion, some tomatillos, garlic and cilantro. He

proceeded to boil all these ingredients (except the cilantro) with some diced chicken breast. He then took out the chicken and put the rest in the blender with a little water and cumin. Then poured the sauce over the chicken with chopped cilantro on top. This was by far the best Mexican meal I've had (restaurant or my mother-in-laws house). It was easy, quick and Agustin is now in charge of dinners. - Amy

## Napa Cabbage with Dried Shrimp (and Straw)

3 cups chopped napa cabbage  
6 straw mushrooms (cut into halves) – optional  
3 cloves garlic (chopped finely)  
2 tablespoons dried shrimp (soaked in warm water for 10 minutes, drained and set aside)  
1 teaspoon oyster sauce  
1 tablespoon cooking oil

Make the garlic oil first by stir-frying the chopped garlic with the cooking oil. Dish out half of it when the garlic turns golden brown. With the remaining garlic oil in the wok, add in the dried shrimp and do a few quick stir until you smell the aroma of the dried shrimp. Add in the straw mushrooms and do a

quick stir, then follow by the chopped napa cabbage. Stir fry for 1 minute and then add in the oyster sauce. Stir well and dish out the napa cabbage when it's still somewhat "crunchy" and not over-cooked. Top the stir-fried napa cabbage with the remaining half of garlic oil. Serve immediately.

## White Beans and Gypsy Bell Peppers

1 teaspoon olive oil  
1/4 large onion, chopped  
1 yellow gypsy (bull horn) sweet pepper, chopped  
1 (15 ounce) can great Northern beans, drained  
1 pinch dried oregano

ground cayenne pepper to taste  
salt to taste  
ground black pepper to taste  
  
Heat the oil in a skillet over medium heat. Stir in onion and sweet pepper, and cook until tender. Mix in

beans. Season with oregano, cayenne pepper, salt, and black pepper. Continue cooking, stirring occasionally, until beans are heated through.

## Shaved Fennel Salad

1 fennel bulb, shaved paper thin with a mandoline or meat slicer  
2 Tbsp extra virgin olive oil

1 Tbsp fresh lemon juice  
1/8 teaspoon of chopped fresh thyme leaves

1 Tbsp chopped flat-leafed parsley  
2 Tbsp shaved Parmesan cheese

Mix all ingredients together.

## Caramelized Fennel

1 large fennel bulb (or 2 small)  
2-3 T olive oil  
1 c. dry white wine, or a mixture of wine and water  
Optional garnishes: butter, freshly grated parmesan cheese

fennel and discard. Core the fennel by cutting a pyramid shaped wedge around the core on the bottom of the bulb. Discard the core. Slice fennel into six wedges. Heat olive oil in a heavy skillet over medium-high heat until hot but not smoking. Add fennel wedges and saute about 4-5 minutes per side, until the sides are a

nice golden brown color. Add the wine and reduce heat to low. Cover and simmer until nearly all of the wine has evaporated or has been absorbed, about 45 minutes. If desired, dot each wedge butter or sprinkle with freshly grated parmesan.

Cut the stems and fronds from the

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## In This Week's Share:

Napa Cabbage	1 hd
Cilantro	1 bu
Summer Squash	1 lb
Fennel	1 hd
Gypsy Bell Peppers	1 lb
Red Leaf Lettuce	1 hd
Garlic	1/2 lb
Sungold Cherry Tomatoes	1 pt
Tomatillos	1 lb
Walla Walla Sweet Onions	1 lb