

August 15, 2019

# Willie Nillie Farm

## CSA Newsletter

“One of the first conditions of happiness is that the link between man and nature shall not be broken,” -  
Leo Tolstoy

### FARM HAPPENINGS:

Dear members:

Last week for peas this year. Crop was okay, but I will plant more next year.

This week we have sage featured in our shares. My second favorite herb after dill, it is so aromatic and flavorful, but also has some great health benefits I never knew about till now. With over 900 varieties, most of which aren't edible, we mostly consume what is called Common Sage. Sage belongs to the same family as rosemary, mint and basil, but has its own personality. It's a great herbal remedy for pain relief including sore throat and reducing inflammation. It can be used as a dietary supplement for digestion, protect against bacterial and viral infections, reduce oxidative stress on the body and ease menopause symptoms.

Sage also has many benefits as a spiritual practice. Burning sage or “smudging,” is an ancient spiritual ritual of Native American culture or tribal practice. As many of you have participated in and could probably articulate better than I, many share similar rituals. One study found that burning sage for an hour decreased the level of aerial bacteria by 94 percent. It is also known to ward off some bugs and assist with allergens as well as dispel negative energy. One great thing is that it may help improve your mood. So having a bad day? Burn and drink or eat some sage.

### Box of the Week

**Feature: Sage**

**Garlic: Mateshi**

**Green Onions**

**Cucumbers**

**Summer Squash**

**Tomatoes**

**Cherry Tomatoes**

**Peas or Beans**

**Baby Beets**

**Jalapeños**

**Kale**

**Celery**

**Fennel**

Chopped, it's great on salads, soups, stirred into soft butter for rubbing on meat, bread, vegetables and more. Bruising it makes it great in cocktails or added to flavor oils. Burning it on hot coals when grilling helps coals burn slower

A couple of things, first, if anyone would like some dill heads for pickling anything let me know as I have tons. I don't have the cucumber numbers to sell people pickling cucumbers, but even just a single batch for dinner would be good. Second, I also have lots of basil and would love it if someone wanted to make pesto. I have enough for at least two 5/9 bushel boxes right now with more on the way. A box of basil is \$15. If I have no takers I'm happy to dry it for myself.

### **Sage-Scented BBQ Chicken w/ Grilled Lemon**

3 cloves garlic  
1 tsp salt  
2 TB Chopped Sage (approx. 3 large sprigs)  
2 whole lemons  
1/2 tsp pepper  
2 TB olive oil  
1 whole chicken, patted dry (About 4.5 pounds)

Finely chop garlic, sprinkle salt and sage on top then chop again. Pulverize with the flat part of the knife to make a paste.

Transfer the garlic-sage paste to small bowl. Juice one of the lemons. Add pepper and olive oil, mix well to combine the marinade.

Rub the marinade over the chicken until thoroughly coated. Loosen skin around neck opening and rub a little marinade directly on the breasts.

Preheat charcoal grill to 450, but both direct heat over coals and indirect heat. Bring Chicken out of the fridge while the coals heat up.

With tongs, place chick, breast side down on the grate of grill directly over the coals. Grill for 5-6 min, or until skin is crispy. Extinguish any flames, flip bird and grill for additional 5 min. The bird should be lightly charred all over.

Slice remaining lemon in 1/2 and add to grill cut side down. Move chicken off coals over indirect heat. Close lid and cook 15-20 min. Remove chicken from grill and tent loosely with foil and let rest 10 min before carving.

Squeeze the grilled lemon all over chicken and garnish with a few more sprigs of sage and serve.

**Bingo Veggie**

**White Nectarine**



Celery

Fennel



### Walnut sage tomato salad

3 large tomatoes or several small ones  
2 green onions, sliced thin  
4 garlic cloves, minced  
1/2 cup sherry vinegar  
1/4 cup olive oil  
1/4 cup packed fresh sage leaves, chopped  
1/2 tsp pepper  
1 cup chopped walnuts

Dice tomatoes and set aside.

Combine vinegar, oil, onion, garlic, Sage and pepper. Whisk together until well combined and let sit at room temperature or in fridge for about 20-30 min.

Combine tomatoes, walnuts and dressing and toss to combine. Serve immediately or made ahead and refrigerate.



Cherry Tomatoes

### Fennel and Mushroom Risotto

6 cups broth(Chicken or vegetable)

4 TB olive oil

1 fennel bulb, trimmed and finely diced(greens are edible too, if you wish to add more fennel flavor)

1/2 pound assorted mushrooms, trimmed, halved or quartered.

salt and pepper to taste

1 shallot, finely diced

2 cloves garlic, minced

1 1/2 arborio rice

1/2 cup dry white wine

1/2 cup creme fraiche (optional)

1/4 cup parmesan cheese, grated, plus a bit of shaved for garnish

2 TB sage, rough chopped

In pan, over medium heat, bring broth to a simmer and then reduce heat to low and keep it warm.

In a large sauté pan over medium heat, warm 2 TB of oil. Add fennel and sauté until slightly soft, about 2 min. Add the mushrooms and cook, stirring occasionally, until veggies are tender, about 8 min. Season with salt and pepper and transfer to a plate and set aside.

Add the remaining 2 TB oil to the same pan and warm. Add the shallot and sauté until translucent, add garlic and cook about 1 min. Add Rice and cook, stirring occasionally, until the grains are coated with the Oil and somewhat translucent, about 3 min.

Add the wine and continue to cook, stirring frequently, until liquid is absorbed. Add 2 cups of hot broth and cook, stirring constantly until almost completely absorbed, about 10 min. Continue adding broth 1/2 cup at a time stirring frequently after each addition and waiting until the broth is almost absorbed before adding more.

When the rice is creamy and the grains are tender yet still firm stir in creme fraiche until combined. Add the mushroom fennel mix and stir until warmed through. Stir in grated parmesan, season with salt and pepper. Stir in more broth if risotto is too thick. Transfer to a serving platter and serve immediately, garnished with parmesan cheese.

Serves 4-6

