



BOANN'S BANKS

Sustainable Agriculture Along the Broad River

July 19, 2003

This Week at Market

- Kohlrabi "Dyna" & "Superschmeltz"
- Zucchini "Cocozella di Napoli"
- Basil "Lemon", "Red Rubin", "Cinnamon" & "Genovese Sweet"
- New Potatoes "Peruvian Blue"
- Sumac Berries
- Assorted Greens

On the horizon: Rutabagas, Summer Squash, Cucumbers, Edamame, Beans, many varieties of Heirloom Tomatoes, Peppers, and more!

Lemon Basil Sorbet

- 2 cups water
- 1 cup sugar
- ½ cup roughly chopped lemon basil leaves
- 1/3 cup freshly squeezed lemon juice
- ½ t. lemon zest

In a small saucepan, bring the water and sugar to a hard boil. Stir for 1 minute and add the basil. Remove from heat, cover, and let mixture sit for 20 minutes.



Strain the basil water into a bowl and set aside to cool completely (or place in fridge). Add lemon juice and zest. Stir well. Pour into your ice cream maker and freeze.

Lemon Basil Salsa

- 2 lbs Roma tomatoes
- 1 large onion
- 4 cloves garlic
- 3-4 jalapeno peppers
- 1 cup tightly packed basil leaves
- juice of 2 lemons
- salt and pepper to taste

Very finely chop the tomatoes, onion, garlic, peppers and 1/2 of the basil. Toss with the lemon juice, the other half of the basil leaves and sprinkle with the salt, pepper and sugar. meat, fresh vegetable dish or Mexican style food.

Hello! If you came looking for us last week at market, we're sorry you missed us. We're lagging behind most of the other farms and just didn't have enough produce to bring in. So instead, we weeded, put in supports for the beans, and generally caught up on some of the many, many farm tasks that need getting done. Everything is finally setting fruit, but it will be a couple weeks yet before the bulk of our heirloom tomatoes will ripen. We're looking forward to them as much as you are – we've got fifteen varieties this year, and each one is delicious in its own way.

The summer heat has just about done in everything we planted in the spring, as well as all the blackberries. It's about time to begin preparing the beds for another planting this fall.

Speaking of planting, I discovered while reading about basil that it has long been thought that to get a good crop, you must shout and curse while you plant the seeds. (There is still a French phrase for someone who is acting crazily that says they are "sowing the basil".) Luckily we live in the country, so we'll be able to follow the advice in the future without disturbing neighborhood sensibilities.

Did you know that you can also buy our produce through a co-op of local natural farms? Through the Locally Grown co-op, you can place orders early in the week for Thursday pickup in Winterville. See our website for more information. Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner
www.boannsbanks.com

Featured Herb

Our featured item this week has been venerated everywhere it has grown for more than three thousand years – the herb of kings, basil. The genus is *Ocimum* from the Greek verb for "fragrant". The word Basil either comes from the Greek *basileus*, meaning "king", or from the Latin *Basileus*, referring to the popular belief that the herb would protect you from the venom of the fire-breathing Basilisk and all of its relatives. Folklore maintains a close connection between basil and venomous creatures, especially scorpions. It was widely believed that branches of basil that fall to the ground would turn into scorpions, and it was feared that inhaling too much of the odor could result in scorpions forming in your brain. The connection between venom and basil still exists – basil is used in medicine as an antidote to venom.

It is thought that the plant originated in India, but it spread widely throughout Asia and the Mediterranean during pre-historic times. The rest of Europe caught on to the wonders of basil after the crusades. You are probably most familiar with sweet basil, grown for its large leaves and mellow flavor, but regions of Asia have developed specialty basil over the centuries. Lemon Basil has much smaller leaves, but they and the flowers have an intense smell and taste of lemons. Cinnamon Basil originates from Thailand. Traditional Thai Basil has the flavor of anise. Each has its place. This is an herb worth experimenting with. After a few uses, you'll see why it has become so important for so many cultures. In India (their name for it, *Tulsi*, means "sacred one") used to swear upon it in court. It was said to have been found growing around Christ's tomb, and Greek Orthodox churches use it in preparation of holy water and place it around the altars. It is easy to grow, so you can start your own spiritual basil tradition.