



BOANN'S BANKS

Sustainable Agriculture Along the Broad River

August 2, 2003

This Week at Market

- Summer Squash "Yellow Crookneck"
- Zucchini "Cocozella di Napoli"
- Basil "Lemon", "Red Rubin", "Cinnamon", "Thai", & "Genovese Sweet"
- Fresh Pesto
- Sumac Berries

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

Boánn's Banks Pesto

- 2 T pine nuts or sunflower seeds
- 2 large cloves garlic
- 2 cups fresh basil, chopped
- ¾ cup broadleaf parsley, chopped
- 2 t lemon juice
- 2 T freshly fine-grated Parmesan cheese
- 3 T extra virgin olive oil

Spread pine nuts on a cookie sheet and place under a broiler for only a minute or two. Remove at the first whiff of toasted nut. If



using sunflower seeds, omit this step. Place nuts and garlic into a food processor. Process until minced. Add basil, parsley, and lemon juice. Process until finely minced. While processing, slowly pour olive oil through the food shoot. Process until well mixed. Add cheese and process a few seconds more. Use immediately or store in the refrigerator for a week or so. Makes 1 cup.

If planning to freeze, omit the cheese. Place pesto in freezer bag and cover with a thin layer of olive oil. To use, thaw and stir in cheese.

Use with pasta, squash, or tomatoes; on pizzas; over chicken, lamb, fish, or other meats. Use on a sandwich in place of mayo. Use on a salad as a dressing. It is very versatile!

Hello! Another week, another several inches of rain. The plants have established themselves to the point now where they don't mind the rain as much as they did earlier in the year, and they are slowly beginning to offer us their fruits. The tomatoes are still being stubborn – all fifteen heirloom varieties we've got going have fruit on the vine, but they're not yet ready. We did get to have the first few peppers (jalapenos this time, but there are another six types coming behind) with dinner this week, and that was a treat. There are some unusual eggplant on the way, no bigger than tennis balls and green with a slight orange tint. And the beans are about ready to explode! Next week we should have edamame for sure, and the green beans will be coming in by the bucket full before long. We even have the first of the winter squash ripening in the sun.

It's time for us to begin putting in the fall and winter gardens. We'll be digging up the beds this week and getting transplants started. If you have any requests, be sure to let us know!

There was a great article that mentioned our farm and the co-op we're a member of, Locally Grown (along with several of the other farms at market today), in the Wednesday Athens Banner-Herald. It stressed the importance of something you've already discovered – eating food that was grown near you in a responsible way. We're glad you've chosen to buy at least a portion of your food from us and the other like-minded farmers. Spread the word!

Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner
www.boannsbanks.com

Featured Product

This week's featured item is our first prepared product, and is the oldest documented "sauce" in Western cuisine: Pesto. The next few weeks are the height of the basil season here, and one of the finest things you can do with it is make fresh pesto. Despite the ease of making it, many people don't, so we've worked out a way to make it for you.

Pesto has its roots to the dawn of western civilization, when the cultures around the Mediterranean used a common sauce made from sea water, fish, and herbs. As basil was introduced from India, it became the herb of choice, and olive oil was substituted for the water and fish paste. The Roman poet Virgil mentions a sauce with herbs, nuts, oil, and cheese – very similar to the pesto we know today. The French have a version called Pistou, made without the nuts and cheese, and heavier on the garlic and salt. Both names have as their root the Latin word *pestatura*, meaning the act of grinding the leaves by hand using a mortar and pestle. This slow method of grinding and rubbing the leaves is still the preferred method, as it releases the maximum amount of flavor from the leaves.

At its simplest, pesto is simply basil and oil, crushed together into a creamy paste. We've added other traditional pesto ingredients to give the pesto a fuller, more robust flavor. Fresh Italian broad-leaf parsley nicely counters the sweetness in the basil. Crushed garlic cloves add bite. Pine nuts add texture – though here we've bucked tradition some and used sunflower seeds. Around the Mediterranean, pine nuts are plentiful and cheap. Here, they're not. But in testing, we found sunflower seeds add the same flavor and texture but are much cheaper, so we went with those. Freshly grated parmesan cheese adds a level of sharpness. Lemon juice adds tang. And good quality olive oil holds it all together.