



WHAT'S IN THE BOX

- * Basil
- * Carrots
- * Rainbow Chard
- * Corn
- * Grapes
- * Lettuce
- * Italian Pepper
- * Red Potatoes
- * Sun Gold Tomato

RECIPE

Farro Salad with Oven-Roasted Grapes

Reference: marthastewart.com

Ingredients:

- 3 cups seedless red grapes, halved crosswise
- Coarse salt and freshly ground pepper
- 2 bunches Concord grapes
- 8 ounces Farro (about 1 1/2 cups)
- 2 tablespoons coarsely chopped rosemary
- 1/4 cup extra-virgin olive oil
- 2 small red onions, sliced into 1/2 inch thick rounds
- 1 tablespoons red wine vinegar
- 4 cups mixed small greens such as baby kale, baby swiss chard, red mustard, and red mizuna

Preheat oven to 250 degrees. Arrange red grapes in a single layer on a rimmed baking sheet. Sprinkle with 3/4 teaspoon salt. Place Concord grape bunches in the center of red grapes. Bake until grapes have shrunk to about half their size but are still juicy, about 1 hr 30 min. Let cool

Meanwhile, combine farro, 1 tablespoon rosemary, and 1 1/2 teaspoon salt in a medium saucepan; cover with water by 1 inch. Bring to a simmer, and cook until tender, about 25 minutes. Drain, and transfer to a bowl.

Heat 1 tablespoon oil in a medium skillet over medium-high heat. Cook onions and remaining tablespoon rosemary for 2 minutes. Reduce heat to medium, and cook until onions are golden brown, about 2 minutes more. Add 1 tablespoon oil. Flip onions, and season with a pinch of salt. Cook flipping, until onions are tender and browned on both sides, 8 to 10 minutes. Remove from heat. Stir in vinegar and remaining 2 tablespoons oil. Pour mixture over farro; toss. Season with 1 teaspoon salt and some pepper. Stir in red grapes. Let stand for 20 minutes.

Gently stir in greens just before serving. Arrange salad on a platter, and garnish with bunches of Concord grapes.

GRAPES

Grapes are in! This plump and juicy fruit is iconic on cheese boards and in many famous paintings. Rows of grapevines can add serene beauty to any landscape. Growing and harvesting quality grapes require constant monitoring and measuring the maturity of this fruit. After months of anticipation, August typically marks the beginning of the grape harvest season in the Northern Hemisphere. It is the end of a season for growers, beginning of the season for vintners. Tyler, my husband and third partner in Riverland Family Farms, remembers this time as the busiest time of the year for his dad.

Tyler's dad Barry has been a vintner in Northern California for over 40 years. Grape harvest season, or crush season, was the time to ensure grapes are picked at peak maturity to start the winemaking process. Although the entire year would go by discussing and sometimes worrying about rain, frost, heat, disease, smoke from forest fires etc., the harvest season was the time to maintain a delicate balance between sugar, pH, and TA levels, and making sure the crop doesn't sit for too long after harvest. This season meant 16+ hour days for Tyler's dad, and for Tyler, it meant late visits to the winery with his mom and sister delivering food, while taking in the unforgettable pungent smell of grapes being offloaded from trucks. In food or thoughts, grapes have accompanied Tyler most of his life. Casually snacking on grapes, he finds it amusing that grapes and farming have somehow found a way back into his life. At the farm, we have a few varieties of red and green seedless table grapes. Generally, table grapes are larger than wine grapes, have firm pulp and hard skin that makes them ideal for storage and consumption.



Growing and harvesting table grapes come with its own set of challenges. After weeks of monitoring their sweetness level, it is finally time to include them in your harvest box. Grapes are a perfect snack, and can easily be included in salads, appetizers, desserts, and main dishes. I am including a recipe that uses oven-roasted grapes. If you are not a big fan of farro, you can replace it with quinoa or other grain that you like. Hope you enjoy it!

Until next week, Stay Safe Stay Healthy

Ruby