

# Jimmy Acres: A Tommerdahl Family Farm

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Hello friends and neighbors!

Between the heat, humidity, and the bountiful array of produce, you can tell that summer is in full swing around the farm these days. It's always exciting when the vegetables start rolling in, but it's a lot to keep up with! Some highlights from this month include:

- ❖ It's been fun meeting so many new people at the farmstand this month! We are really excited about the enthusiasm we are seeing from our neighbors about our slow produce (who needs fast food when you have slow produce?!). Lance, our greeter and farm supervisor, is especially happy with all the visitors we've had recently—he appreciates all the head scratches he can get!



- ❖ After a few weeks of almost too much rain, the heat and dryness seem to have set in, bringing its own set of problems...while the tomatoes are not rotting on the vine as much, growth rate has slowed down. Hopefully we will continue to have a good selection of tomatoes for at least another month or two.



- ❖ New things are starting to ripen! We just recently picked our first cantaloupes and watermelons (so much more delicious than store-bought!). Other produce to look forward to this month includes okra, banana melons, honeydew, corn, eggplants, peppers, and possibly the return of squash with our second batch of plants for the summer. Green beans and cucumbers are also hanging in there and will hopefully be around for a while longer.
- ❖ Plans are being made to build a chicken coop. As with all projects, it is expected to take a lot longer than expected, so we can hope to have eggs starting in a year or two.
- ❖ Our produce made it all the way out to Pescadero, California this month—doorstep delivery at its finest! Jake and Christy were finally able to taste some good ol' NC grown produce, including a 1.5 lb tomato! Jake complimented his produce delivery, saying "Mmm mmm...tasted real good. And it only cost 2 plane tickets from NC to CA! I wish Californians could grow food this delicious."

Meet Our Workers

## MOW

For those of you who read our weekly emails, you may have noticed that our Recipes of the Week have gotten quite a bit more creative and the pictures have gotten A LOT better looking! We have **Britton Banning-Arndt** to thank for that, as she took over that job this month. Let's get to know her in this month's MOWing:



**Jimmy Acres Job Title:** Chef and Creativity Consultant

**Hobbies :** Other than playing around in the kitchen, I am a big fan of hitting up coffee shops as well as hanging around the house watching my cats pull off some pretty ridiculous antics!

**Favorite Veggie :** Oh boy! This one is tough to answer—I have to take the cop out and say that I love cooking & eating the veggies that are locally in season. North Carolina produce has such a wide range and it is so much fun to experiment with new things all growing season!

*Continued below*



## **MOW** (continued)

**How did you get interested in cooking delicious food, and how do you find time to make such elaborate looking dishes?** A few years ago, I was recently single, working full time and back in college with a full course load. I realized that I was letting my schedule change my eating habits - and not in a good way. So I decided to make a change. A busy schedule doesn't mean that your ingredients can't be healthy & fresh. Cooking for one doesn't mean you have to just plop things on the plate. The benefits of these changes were almost immediate - I was giving my body better fuel, I was enjoying so many new and different flavors, and by taking the time to make the food look good, I realized I had taken 'just eating' and turned it into something that was bringing in and satisfying more of my senses - meals smelled better, they tasted better, they looked better! It is a much more pleasant way to end a long day than looking down at some frozen mac-&-cheese.

**How do you get inspired for your recipes & what advice do you have for folks trying out new things?** So many people get overwhelmed with the idea of 'going off book' when it comes to cooking. I have found that one of the most helpful things to do is to start by picking your protein and picking a veggie. Those pieces are the foundation for your meal and then you can start to build off of that - trust me, putting two pieces of the puzzle together so you can work off that is a whole lot easier than dumping every possible option onto the table.

**Moment of honesty...** Even I have flavor flops. Biggest advice I have for anyone looking to get into the kitchen is that sometimes your experiments will rock and sometimes not so much. Doesn't mean you can't have a blast in the process! (and don't worry, we will only post the rocking ones for Jimmy Acres).

**Recipe for the Week :** Since I am answering the Bio questions this week, I thought it was only appropriate for me to share something that has more of a connection to me. Growing up (I'm a local), one of the biggest things we looked forward to heading into the summer, was the abundance of fresh, local produce. A personal favorite of mine being tomatoes - literally I would eat them like apples. The absolute best though, is the **Classic Tomato Sandwich**. So simple, yet so delicious. Using the bread of your choice, pop it in the toaster - this is going to help it hold up when you add the moisture of the tomatoes. Slice up your delicious Jimmy Acres tomatoes. I go with mayo on both sides and then my big slabs of tomato with some salt & pepper - I highly recommend going with sea salt because of flavor but that is just a personal preference. Since this is a little more about me, we have a guest appearance by Remy who jumped up as I was taking the picture - once the food moves out of the kitchen, she feels that it is fair game, haha.



As always, feel free to pass along and share with your friends and neighbors. And please let us know if you have any questions, comments, concerns, critiques, ideas, suggestions, or thoughts—we'd love to hear them!

*“I find it a lot healthier for me to be someplace where I can go outside in my bare feet.”* —James Taylor



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