

BROWN RICE, TOMATO, AND BASIL SALAD

INGREDIENTS:

2 1/4 C water	1 C long-grain brown rice (such as Texmati)
2 tsp coarse salt	2 tbs Champagne vinegar or white wine vinegar
2 tsp sugar	2 tbs olive oil
1 lb tomatoes, cut into 1/2-inch pieces	1 C (packed) fresh basil leaves, finely chopped

DIRECTIONS:

Bring 2 1/4 cups water to boil in heavy medium saucepan. Mix in rice and salt. Cover, reduce heat to low and simmer until rice is tender and water is absorbed, about 40 minutes. Transfer rice to large bowl; fluff with fork and cool.

Whisk vinegar and sugar in small bowl. Gradually whisk in oil. Pour over rice. Add tomatoes and basil and toss to combine. Season with salt and pepper. (Can be made 6 hours ahead. Cover; chill. Bring to room temperature before serving.)

Source: www.epicurious.com.

Cut along dotted line for 3x5 recipe card



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UPCOMING EVENTS

(complete details at www.accokeek.org)

COLONIAL FOODWAYS

Saturday, August 15, 2009, 10:00 a.m.-4:00 p.m.

3rd Saturdays Monthly

National Colonial Farm, Rain or Shine

Admission Fee Required, Members Free

Join us as costumed interpreters demonstrate preparation of fashionable foods favored by the tobacco-growing gentry in Prince George's County, on the eve of the American Revolution.

NATURE NUTS

Tuesday, August 18, 2009, 11:00 a.m. to Noon

3rd Tuesday of each month, April-October

Education Center, Rain or Shine

\$6.00 Non-Members, \$5.00 Members

Limited to 15 Children, Ages 3-5

Registration Required

This fun-filled hour of exploration at the National Colonial Farm's Museum Garden is the perfect setting to learn about the wonders of nature.

Designed for children ages 3-5, the children will hear a story, create a craft project, and go on an outdoor adventure. Children must be accompanied by an adult.

For more information please call 301.283.2113, or email us accofound@accokeek.org.

FIELD NOTES

Volume 14, Number 14 August 11, 2009

Summer Greens Mix this week again includes Malabar Spinach, Egyptian Spinach, and Sweet Potato Greens. Remember, the Malabar Spinach and Sweet Potato Greens are especially popular in tropical countries. If you're at a loss for what to do with them, try them in a curry. The Malabar Spinach you can chop up stem and all. As for the Egyptian Spinach, this is a green of the Middle East. Use it in Mediterranean soups, or as a potherb in stir-fry, with eggs, or cooked down itself. You might try it with sesame oil instead of olive oil.

"Need...Heat..." – Okra

Exsisto Valed,
Mike

"For all"
by Gary Snyder

Ah to be alive
on a mid-September morn
fording a stream
barefoot, pants rolled up,
holding boots, pack on,
sunshine, ice in the shallows,
northern rockies.

THIS WEEK'S HARVEST

Basil
Beans
Garlic
Hot Peppers
Mountain Rose Potatoes
Summer Greens Mix
Sweet Peppers
Tomatoes

Rustle and shimmer of icy creek waters
stones turn underfoot, small and hard as toes
cold nose dripping
singing inside
creek music, heart music,
smell of sun on gravel.

I pledge allegiance

I pledge allegiance to the soil
of Turtle Island,
and to the beings who thereon dwell
one ecosystem
in diversity
under the sun
With joyful interpenetration for all.

SAVE THE DATE!

AFRICAN AMERICAN HERITAGE DAY
Saturday, August 22, 2009, Noon-6:00 p.m.
\$5 Per Person, \$3 Per Child 3-12 Years Old
Children Under 3 and Members Free, Rain or Shine

Stories of Southern Maryland's Agricultural Past

Our stories are the stuff of history and will be the focus of this year's African American Heritage Day, the Accokeek Foundation's popular annual event on August 22nd. Titled "Stories of Southern Maryland's Agricultural Past" and set against a backdrop of the National Colonial Farm's 18th century tobacco barn and historic farm house, the day will be filled with music, storytelling, and living history encounters with costumed actors and interpreters, as well as a variety of opportunities to learn and share stories of rural life.

Enjoy the music of Archie Edwards Blues Foundation, performed in the intimate atmosphere of the tobacco barn at 1:30, 2:30 and 4:15 p.m. Come to the barn at 3:00 p.m. to hear and share stories of tobacco and farming, stories that will be recorded and added to the Foundation's oral history archive. The barn will also provide the setting for performances of "Follow the Drinking Gourd" at 2:00 p.m. and 3:45 p.m. This special



Michael Twitty interacts with visitors during last year's African American Heritage Day

adaptation of the story about the role of music in the Underground Railway will be performed by members of the Foundation's award-winning Museum Theater Internship Program. Those with a special interest in African American cooking can join foodways specialist Michael

Twitty at the log cabin kitchen to hear and share stories of cooking and African American food and garden traditions. These stories will also be recorded and added to the oral history archive. Throughout the day, visitors will have the opportunity to hear popular storytellers Jo Mimms, Brenda McKelvin and Sandi English. Textile artist Karen Hampton will provide lessons in weaving on the Foundation's recently acquired loom. Several African American museums and historical organization will be sharing more information on Maryland's African American history. As always, the farm experience will be completed by visiting our heritage breed animals.

There will be representatives from area African American museums and cultural organizations highlighting their collections, events and services. Food vendors will provide appropriate summer fare, and there will be demonstrations of traditional crafts. For more information, contact Tricia Hardin, at 301.283.2113, ext. 12 or by email at programs@accokeek.org.