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On the way to your table...

Threshing Table Farm

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Garden Gnomes

I've never given Garden gnomes much thought before. My mom had a little stature of one, but that's about all the experience I'd had with them. That's changed recently.

I do a lot of my gardening with a 1 1/2 year old.

Jonas, we have decided, is our garden gnome.

He's adorable as he wanders through the potato patch, his little blond head popping up over the potato plants every now and then.

He's adorable as he picks

the tomatoes-green ones only of course.

He's adorable as he throws the tomatoes at my head while I try to pick beans. He has good aim and emits a giggle when he strikes his target that makes me laugh too.

He's even adorable when he sits in the tote, on top of the beans I just picked.

But when he starts throwing the beans I just picked all over the garden...

Well, it's time for that little guy to go to bed.

We enjoy it though. Because before we know it, he'll be too big to be a gnome and we'll miss these days.

The next time you are out at our farm, be on the look out. Between the rows you just might see our little garden gnome.

This Week's Box

Carrots

Potatoes

Eggplant

Summer Squash

Tomatoes

Beans

Oregano

Basil

Onions

Kale

Peppers

How are we doing???

We'd like to take a moment to

Healthy Eating

One of our members has asked me about some good books or classes that may be available on healthy eating.

If you are aware of any good books or classes that cover topics such about healthy eating, please let me know.

I'll be happy to share any suggestions you have in future newsletters.

Veggie Quiche by Roxanne Kendle

1 - nine inch pie crust (The Cub Foods frozen brand is wonderful for this)
1-2 cups shredded cheddar cheese (or any favorite cheese)
1 Tblsp. flour
2 summer squash thinly sliced
generous handful of greens (kale, spinach and/or Swiss chard)
4 eggs (or one cup Egg Beaters)
1 cup milk
salt and pepper to taste
Toss cheese with flour. Combine

eggs, milk, salt & pepper.
Combine cheese/flour mixture with egg mixture.
Sauté' veggies until almost tender. Spread veggies evenly in pie crust. Cover with egg mixture. Put pie plate on a baking sheet to catch any spills.
Bake at 350 degrees for one hour.
Hints: Use any favorite veggie in this recipe!
Sauté' the veggies in your favor-

ite seasonings for more flavor (i.e. garlic, red pepper flakes, etc).
Can add cooked bacon or sausage for a heartier meal.

Crustless Carrot Quiche By: Susan Stepka

CRUSTLESS CARROT QUICHE

2 cups finely shredded carrots
6 eggs
1 1/4 cups half & half
1/4 cup chopped onions
1/2 tsp. salt
1/4 tsp. garlic salt
1/2 tsp. ground ginger
1/8 tsp. pepper
1 1/2 cups shredded cheese

Cook shredded carrots in 1-inch of boiling water about 5 minutes. Drain well, pressing out excess liquid.

Beat eggs, half & half, onion, garlic salt, ginger & pepper until well blended.

Stir in carrots and cheese. Pour into buttered quiche pan (or a buttered 8-inch cake pan floating in hot water in a 9-inch pan). Bake at 350 degrees for 35-40 minutes.

Note: I've used various cheeses, but I like cheddar and marble jack cheese together.

Eggplant Onion and Tomatoes

1 large Eggplant
Salt
Q/2 cup chopped onion
1/4 cup butter
2 medium tomatoes, peeled and sliced
1/2 tsp. Salt
1 tsp. Oregano

1/4 tsp. Pepper
1/2 cup. Sour Cream
2 T. chopped parsley

Peel the eggplant and cut into 1-inch cubes. Sprinkle cubes with salt and let drain 30 minutes. Pat dry. Sauté' eggplant and onion in butter in a large

skillet approximately 8 minutes or until tender crisp. Stir in tomatoes, salt, oregano and pepper. Cover and cook slowly for another 10 minutes. Remove from heat. Stir in sour cream and parsley and serve.