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On the way to your table...

Threshing Table Farm

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This Week...

This week's box contains:

Carrots

Onions

Potatoes

Bunching onions

Dill

Green beans

Yellow beans

Kale

Cilantro

Summer Squash

Enjoy!

Our spring planted cauliflower and broccoli are finished. When I think of all the time we spent nurturing them along in early spring, it's hard to believe that they're done! We will have more come fall, though not as large of a crop.

We are giving you red onions this week. They are beautiful! We stepped down the tops of the white and yellow onions tonight, so next week, we'll be drying them. Another group of plants that are at the end of their life cycle.

BEANS

We have green and yellow beans this week. A few of you may have an occasional purple bean as well. We'll have some for everyone next week.

TOMATOES

The tomatoes are *just* starting. We've got a couple for each of you because nothing is sweeter than the taste of summer's first tomato. (okay, I ate the first one, but I'm happy to share the next ones with you.)

SUMMER SQUASH

The summer squash is abundant! Our zucchini appears to be a no show this year. The good thing is that zucchini and summer squash may be used interchangeably in recipes. Try the slices raw with dip or steamed, as a substitute for pasta. The choices are endless!

CARROTS

We just planted the winter storage carrots and the first one are here for your boxes. For storage cut the greens off.

DILLY BEANS

4 Pounds Green or Yellow Beans
8 Fresh Dill heads
8 Garlic cloves
8 small dried hot peppers (optional)

Pickling Solution:

4 cups white vinegar (5% acetic acid)
4 cups water
1/2 cup canning and pickling salt

1. Wash pint canning jars. Keep hot until filled.
2. Wash beans thoroughly and drain. Cut into lengths to fit pint jars.
3. In each hot pint jar, place dill, garlic and pepper if desired. Pack beans upright, leaving 1/2" headspace.
4. Prepare pickling solution of vinegar, water and salt in a sauce pan and bring to a boil. Pour boiling hot pickling solution over beans, leaving 1/2" headspace. Remove bubbles with a rubber spatula. Wipe jar rims with a clean, damp cloth.
5. Cap jars with preheated lids. Adjust rings.
6. Process in boiling water canner, 5 minutes.

Yield: 7 to 8 pints.

Summer Squash with Salsa

2 medium squash or zucchini
1 large tomato, sliced
1 medium onion, diced
1 pepper, minced
2 garlic cloves
1 T. minced cilantro
Salt and pepper to taste
Shredded Cheese

Slice squash and place in buttered 1 quart baking dish. Top with tomato, onion, pepper, garlic cilantro and salt and pepper. Bake covered at 350 for about 20 minutes until squash is tender. Sprinkle shredded cheese on and cover. Let sit for

a few minutes until the cheese is melted.

**You may also grill the vegetables in aluminum foil.