

September 11th, 2008



## On the way to your table...

Threshing Table Farm

Volume 2 Issue 10

Mike, Jody, Claudia, Malcolm and  
Jonas Lenz  
715-248-7205  
Threshingtablefarm@frontiernet.net

### Seasons change

Our garden is taking on the look of fall, much as the scenery around us is.

Last night we were on the watch for frost and watered a few things trying to ward it off. Other than a few basil plants, things look good. As the weather cools down and the days get shorter, our variety of vegetables will change.

Our beans are about done. We may get another picking off next week, but it's questionable. We were happy to have had some for so many weeks. Mike's

scheduled plantings really worked well. The eggplants are plentiful, but about the size of my fist. We're hoping the frost holds off and they'll grow larger. Our summer squash, so plentiful for so long, are done for the season. Our cucumbers are nearly done as well. On the plus side, we've got several rows of fresh spinach going and lettuce. Some need to be thinned and others were just transplanted this week. Our peas are starting to show pods too. The fall carrots are growing well and the winter squash has begun!

This week's box contains:

Kale  
Peppers  
Onions  
Potatoes  
Tomatoes  
Cherry tomatoes  
Lavender  
Basil  
Bunching Onions  
Leeks  
Acorn Squash  
Cantaloupe  
Cucumbers  
\*\* You may also find eggplant, broccoli or lettuce, depending on the box.

### Lavender

Lavender IS edible. If you do a little searching, you'll find some recipes using lavender. It's often used in cookies, scones and cakes.

I however, am more partial to putting it into a hot bath. After a day of hard work, soaking in a tub with a sprig or two of lavender is very relaxing. (As long as the kids are asleep. Otherwise, even lavender won't make it relaxing!)

You can also hang a bunch of lavender upside down in a closet or room to use as an air freshener. Enjoy!

### Acorn Squash

Acorn squash, and any winter squash can be baked easily. Cut the squash in half and remove the seeds.

Place it cut-side down in a cake pan. Add 1/4

inch of water to the pan. Bake at 350 for 45 minutes to 1 and 1/2 hours depending on the size of the squash. Add water as needed. The squash should be fork tender.

We enjoy smothering our squash in butter and brown sugar or maple syrup. If you have a favorite squash recipe, please share!

## Here a chick, there a chick...

We are happy to announce that Threshing Table Farm has gained a few new faces! We received 26 baby chicks in the mail on Friday. They are adorable and living in a wading pool in our new chicken coop. This was a long time coming as the neighbors first had to clean out 20 year old oats from our oats bin for us. Then my parents came out and helped to build a chicken coop in the oats bin. They're here and all is going well.

Please come and see them!

We are very careful to keep the cats away from them, as they are quite interested in them too.

We have several varieties of chicks, all hens who will lay brown eggs next spring. So if all goes well, we will have farm fresh, all natural, free range eggs for sale.

Speaking of Chickens...

Those of you who ordered chickens from Farm Sweet Farm can expect them at the end of September. I will call you when we get them.

## Colorful Chicken and squash soup

1 broiler chicken (4lb) cut up  
13 cups water  
5 lb squash, peeled and cubed  
1 1/4 pound fresh Kale, chopped  
6 medium carrots chopped  
2 large onions chopped  
3 tsp. Salt

Place Chicken and water in a soup kettle. Bring to a boil. Reduce heat, cover and simmer 1 hour or until tender. Remove chicken from broth, strain broth and skim fat. Return broth to the pan and add squash, kale, carrots and onions. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes, or until veggies are tender. When chicken is cool enough, remove from bones and cut into bite-size pieces. Add meat and salt to soup. Heat through. Makes 14 servings.

## Bruschetta in a jar (Makes about 7 eight-ounce jars.)

This recipe is from [Ball Complete Book of Home Preserving](#)

5 cloves garlic, finely chopped  
1 cup white wine vinegar  
2 T. granulated sugar  
2 T. dried oregano  
1 cup dry white wine  
1/2 cup water  
2 T. dried Basil  
2 T. balsamic vinegar

9 cups chopped, cored, Roma-type tomatoes

In a large, deep stainless steel saucepan, combine all ingredients except tomatoes. Bring to a full, rolling boil over high heat, stirring occasionally. Reduce heat, cover and boil gently, for 5 minutes, until garlic is heated through. Remove from heat.

Pack tomatoes into hot jars with a generous 1/2 inch headspace. Remove air bubbles and adjust head space if necessary, by adding hot liquid. Wipe rim, put lids and rings on.

Process for 20 minutes in boiling water canner. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

## Freezing Peppers

Peppers are easy to freeze. Simply chop, seed and freeze! No blanching required. They are great for using in cooked foods. They will not hold their shape and are not good for using as you would a raw pepper.

## Canning Tomatoes for sale

We still have canning tomatoes for sale. \$20 for a 3/4 bushel box. I canned pizza sauce, spaghetti sauce and Bruschetta last week. I'd love to hear what you're canning!

Have a great week!

Jody, Mike, and kids