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This Week's Box

Kale
Summer Squash
Cilantro
Pepper
Onions
Potatoes
Beans
Carrots
Cucumbers
Kohlrabi
Corn or
Broccoli
Tomato
Bunching Onions
Leeks

Speedy Personal Salsa!

Chop your tomato.
Add some chopped
pepper, chopped
onion and cilantro.
Stir in some cumin,
garlic, salt, pepper
and a bit of lemon
or lime juice to
taste. Grab the
chips!

Farm Happenings

We've been digging carrots. It seems like a never ending job, but we've had fun trying to figure out different ways to do it. We dug out a lot of them with a fork, (Note the holes in some of your carrots) and some with the potato digging implement on the tractor (note the ends that have been broken off.) We haven't perfected it yet, but we're working on it.

Earthy Carrots, Earthy onions

We are giving you lots of carrots this week. Due to time, (or lack of it) we've rinsed and cooled them, but have not scrubbed them individually as we have been.

After you get them washed, place them in a plastic bag in your crisper for long term storage. If they start to go limp, soak them in ice cold water.

The onions are also looking a bit earthy as they are fin-

ished growing and we are encouraging them to dry. Keep them in a cool, dry, place with good ventilation and they'll keep for a long time.

Kale

Use Kale raw in salads, on sandwiches, etc. It can also be used cooked. Try cutting up a few leaves and adding to soup during the last few minutes of cooking.

Freezing Carrots

You can freeze carrots to preserve them as well as to ensure a quick-cooking vegetable on a busy day.

Wash, peel, and wash carrots again. Slice, dice or quarter. Blanch cut carrots

3 minutes. Cool. Drain. Pack carrots into can or freeze jars or plastic freezer bags. Seal, label and freeze.

Blanch:

To dip vegetables in boiling water to slow the action of enzymes.

Green Bean Casserole

Just like the holiday favorite, but healthier!

1 lg onion cut into 1/2 inch thick slices and separated into rings

5 Tbsp. flour

Salt and pepper

1 1/2 lbs green beans, trimmed

1 Tbsp. margarine or butter

1 large leek, finely chopped

1 container sliced cremini or white mushrooms

1 cup reduced—sodium chicken broth

1/2 cup milk

Preheat oven to 425. Line large cookie sheet with foil and spray with nonstick spray.

In bowl, toss onions with 2 tbsp. flour and 1/8 tsp. salt. Spread onions in single layer on prepared foil. Spray onions with nonstick spray.

Bake 14 minutes, toss to rearrange, then spray again. Bake 15 minutes or until crisp.

Meanwhile, in 5 quart saucepan, heat 3 quarts water to boiling on high. Add beans and cook, uncovered, 5 minutes or until tender-crisp. Drain beans in colander; rinse under cold water. Drain.

In 4 quart saucepan, melt butter on medium. Add leek; cook 2 minutes, stirring. Add mushrooms; cook 7 to 8 minutes or

until tender, stirring often. Stir in 1/2 tsp salt, 1/4 tsp. Pepper, and 3 Tbsp. flour; cook 1 minute. Add broth and milk; heat to boiling on high, stirring. Reduce heat to low; cook 2 minutes, add beans.

Transfer mixture to 2 quart baking dish, bake 15 minutes. Stir mixture; top with onions. Bake 5 minutes or until sauce is bubbly.

Grilled Squash— Fox Family

Cut zucchini, and summer squash in half and then in quarters. cut onions into 1/2 slices, grill all until tender - spray with Pam grill spray. remove from grill and pour 3 tablespoons of Good Seasoning Italian Dressing on veggies. for healthier choice mix 2 tablespoons red wine vinegar with 1 tablespoon olive oil and pour on veggies.

make sure it is not store bought Italian dressing in a bottle - it doesn't taste as good.

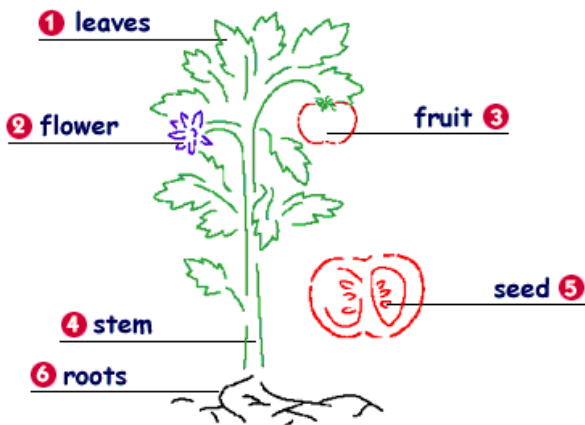
sprinkle a little garlic salt to taste

Enjoy

Coming Soon!

We'll be hosting a Sauerkraut making class. Watch your e-mails and future newsletters for more details.

Kids Corner



Plants have 6 main parts: Roots, stems, leaves, fruit, seeds and flowers.

We eat all parts of plants. The roots are used by the plant to gather water and nutrients found in the soil. These are used by the whole plant for food.

We grow many edible roots on the farm. How many can you think of? Here's some hints to help you out!

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