

August 6th, 2009

Volume 2, Issue 5

Mike, Jody, Claudia,
Malcolm and Jonas Lenz

715-248-7205
Threshingtablefarm@frontiernet.
net
www.threshingtablefarm.org



This Week's Box

Swiss Chard
Summer Squash or
Zucchini
Dill
Beets
Onions
Yukon Gold Potatoes
Beans
Carrots
Cucumbers
Leeks
Radishes

We are looking for a sturdy, used swing set to put out in our northfield. If you know of one that needs a new home, let us know! We don't mind making some repairs or hauling it. Thanks!

Farm Happennings

It was good to see so many of you out here picking beans! We're happy to see them go to good homes. We will likely have extra beans a few times this summer, so watch your inboxes for e-mails when that happens.

We're a bit concerned about our tomato and pepper crops. We could use some 90 degree days and 70 degree nights. They need the heat and humidity to grow to their peak. This summer has

been quite cool. Nice for us, but not for the tomatoes and peppers. There are some young ones out there, but not as many as we'd like.

We planted a row of garlic last fall and we've harvested them this week. We are keeping all of it for seed so that next year, we will have plenty of garlic to give everyone.

The fall plantings are just about done. We transplanted the rest of the cauliflower, broccoli and

beets as well as seeded bunching onions and fall lettuce for the last time.

We're discussing the possibility of ordering 50 more laying hens (chicks) this fall. We need to expand our chicken area, but hopefully it will work out. We know our 20 hens are not keeping up with the demand. Thanks for your patience with us in the egg department.

Have a great week!

Swiss Chard

Swiss Chard is high in vitamins A, E, and C, as well as minerals like iron and calcium. Minerals are also more readily absorbed from chard than from Spinach. Our favorite way to eat chard is raw.

We use it just like lettuce. It's great in salads, (mix it with the beet greens!) or on sandwiches.

You can also cook chard like you would spinach. Check out the recipe on the back of this page.

You will want to remove the tough middle stem before eating or cooking. It's edible, but not as enjoyable as the leaves.

Swiss Chard Breakfast Burritos

Swiss Chard	Sour Cream	Cooked chard/zucchini.	About 45 minutes.
Zucchini	Saute some onions and/or garlic in butter or oil.	Divide cooked chard down center of tortillas.	Sprinkle remaining cheese on top and cover for last 5 minutes of baking.
6-8 tortillas	Add stemmed Swiss Chard. Cook it, season it with salt, pepper and fresh herbs (dill is delicious). You may also want to saute a bit of zucchini with it.	Sprinkle each pile of chard with 3 Tablespoons of cheese. Roll up tortillas and place seam side down in prepared pan. Mix eggs. Milk, flour and mustard. Pour over tortillas. Cover with foil and refrigerate overnight. Bake at 350 until eggs are set,	Serve with Salsa and Sour Cream. This recipe can be adapted to use many types of vegetables.
2-3 cups shredded cheese			Serves 4-6
4 beaten eggs			
2 cups milk			
1 T. flour			
1 tsp. dry mustard			
Salsa			

Freezing Beans

If you find you have too many beans... You can easily freeze them for winter. Wash, trim off the stems and cut beans into 1 inch pieces. Drop 1-2 handfuls of beans into vigorously boiling water. (You want a lot more water than beans. If you don't, you'll have bitter beans when you remove them from the freezer in winter.) Boil for 3 minutes and then place beans in ice water to stop the cooking process. When cool, drain and freeze.

Kids Corner

Dirt about Worms by Sharon LoveJoy, found in Roots Shoots Buckets & Boots (Find it at your library!)

- 1 pound of worms eats 1/2 pound of kitchen scraps each day
- A worm can move a rock that's 60 times it's own body weight. (That's like you lifting a truck!)
- There are more than 2,400 species of earthworms; they range in length from 1/25 inch to 22 feet (South Africa's *Microhaetus rappi*).
- Worms breathe through their skin.
- A worm can live for 12 years.
- Worms produce as many as 1,500 offspring a year.
- The Body of a worm is made of 100-200 ringed segments.

What vegetable do you get when a large animal walks through your garden??

Squash!