

July 23rd, 2009

Volume 2, Issue 3

Mike, Jody, Claudia,
Malcolm and Jonas Lenz

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



This Week's Box

Lettuce
Summer Squash or
Zucchini
Basil
Turnips
Cauliflower
Onions
Red Potatoes
Beans

Basil

**Toss fresh
whole basil
leaves into
green salads
and chopped
into pasta or
rice salads.**

Midsummer

We're in Glenwood City today, (Thursday) and taking in the sights, sounds and flavors of the fair. The county fair always signals midsummer for me. In addition, we received a note from Claudia and Malcolm's school about the school supplies they need for September. It's also cherry picking time in Door County. (We're headed there this weekend). Midsummer definitely seems to be upon us.

Onion Rings

1 large onion
Vegetable oil for deep frying
2/3 cups. Milk
1/2 cup flour
3/4 tsp. baking powder
1/4 tsp. salt

Luckily, as far as the garden goes, we are just beginning to see the fruits of our labor. We have months of good food ahead of us.

Despite our earlier concern, everyone got broccoli last week. We wanted to hold the cauliflower until this week, so we clothespinned the leaves around the cauliflower heads to keep them growing and out of the sun.

The trick to picking cauliflower is to make sure it is picked before the sun gets to it.

This week we've worked at transplanting fall broccoli plants, planting lettuce and kohlrabi into flats and weeding, weeding, weeding. Mike spent much of this past weekend cleaning out more of the barn and moving our greenhouses down into the barn where it shares space with the washing station.

Cut onion into 1/4 inch slices and separate into rings. Heat oil 1 inch deep to 375. Beat remaining ingredients until smooth. Dip rings into batter letting excess batter drip back into bowl. Fry a few rings at

a time until golden brown-about 2 minutes. Turn one time. Drain and serve hot.

Zucchini Bread *Submitted by Tracey Hilquist*

In case you want another zucchini bread recipe....

- 2 cups all purpose flour
- 3/4 t baking powder
- 3/4 t baking soda
- 3/4 salt
- 3/4 ground cinnamon
- 3 eggs
- 1 C white sugar
- 2/3 C veggie oil
- 1 1/3 C grated zucchini (used my food processor)
- 3/4 t lemon extract
- 2/3 C chopped pecans (I skipped this one)

Preheat oven to 350 degrees.

Lightly grease a 9X5 loaf pan. Sift together flour, baking soda, baking powder, salt and cinnamon.

In large bowl, beat eggs w/ sugar for 10 minutes. Gradually add oil and beat for two more minutes. Mix in lemon extract, zucchini and pecans. Fold in flour mixture until evenly moistened. Don't overmix. Pour into pan.

Bakd for 60 min or until toothpick inserted into center of pan comes out clean.

Lemon extract adds a lovely citrus flavor to this zucchini nut bread. Add powdered sugar for a little "frosting".

Basil will store best at room temperature.

Place it in a jar of water (Just as you would fresh cut flowers) and place it on your kitchen counter.

Kids Corner

Good Bugs in the Garden

e g m n o l j t i r b r l t f
 j g v v p t y x z x x y a g s
 e l t e e b d n u o r g c u r
 b u t t e r f l y e l w e b i
 e e b y e n o h d y j a w y d
 w a s p r a y i e u g n i d s
 m n c g h v p d q y a p n a i
 w j h f p s h p k w g m g l j

Butterfly
 Ground beetle
 Honeybee
 lacewing
 ladybug

spider
 wasp
 ladybug

Quote of the week on the farm:

If there's one thing I've ever learned, it 's that you can't steer a rope swing!"

-Claudia

What kind of jokes do vegetables like best?

Corny ones of course!

Need recipe ideas?
 Try www.Tasteofhome.com
 Search the site with a specific ingredient or two and lots of great recipes will come up.