

Week 5

Potatoes

Onions

Carrots

Cabbage

Summer Squash

Cucumbers

Leeks

Bunching Onions

Tomatoes

Beets

Parsley

Green Beans

Hello August!

Hard to believe we are in August already! I'm feeling like I am running out of time to do all the fun summer things I'd hoped, so we'll be enjoying August to it's fullest. This weekend we're hoping to do some blueberry and blackberry picking, spend time with grandparents and do a little school shopping. Although we are seeing the end of summer vacation ahead, the garden is just coming into it's full glory. The melons are sizing up beautifully and those cucumbers just keep coming! The tomatoes are just beginning.... Enjoy a taste. You're also getting the last of the baby red potatoes. Next week, Yukon Gold's.

The weed pressure is letting up some. It's not that the weeds aren't coming, they are! But most of our plants are at a size where the weeds can no longer smother them. Our fall brassicas (cabbage, cauliflower and broccoli) are all in the ground and we're hoping for a much better turn-out than we had with the summer ones. We're still starting some fall lettuces, etc. in the greenhouse as well.

We're working on getting the old barn site buried. We really wanted to keep it, but the foundation is just in too bad of shape. After it's gone, we'll level the area out and put up a permanent greenhouse. Our plan is to have this done in fall. We're keeping the silos. They're just too pretty to let go.

My bees have been busy pollinating, collecting nectar and making honey. I hope to extract some this week. I don't know if I will have any for sale this year or not. I've never kept bees before, so I am not sure how much honey I can expect. I'll keep you posted though.

Try some of the following recipes this week:

Zesty Cucumbers

Peel and slice cucumbers. Soak in salt water overnight. Rinse and drain.

Dressing:

1/2 cup vinegar

6 Tblsp. sugar
1 tsp. dry dillweed
1 Tblsp. lime juice
1/2 tsp. salt
1/2 tsp. dry mustard

Mix well and pour over cucumbers.

Honeyed Carrots

Slice and steam carrots until tender.

Drizzle honey over hot carrots. Add 1 to 2 tablespoons of butter and parsley to taste.
Stir gently and serve immediately.

Jeanne's Beet Salad

1 bag mixed greens
1 can mandarin orange slices, drained
1 pound assorted colored beets, boiled, peeled, and cubed
¼ cup toasted or candied pecans
¼ cup favorite blue cheese, crumbled
One cruet favorite balsamic dressing
Optional additions or substitutions:
Craisins
Red onions
Green onions
Walnuts
Toss together, serve cold, and enjoy with friends

Stuffed Zucchini, Sicilian Style

2 large zucukes, split lengthwise, flesh scooped out, mashed and reserved
extra virgin olive oil
2 cloves fresh garlic, finely minced
1 onion, small dice
sea salt
small pinch crushed red pepper flakes
2 stalks celery, small dice
½ c mozzarella cheese or vegan alternative
bread crumbs
2 c. tomato based pasta sauce, about the consistency of salsa

Makes 4 servings Bakes at 375F 30-50 minutes

Oil a shallow baking dish large enough to accommodate zucchini halves laying side by side.

Place a small amount of oil in skillet over med. heat. Saute garlic and onion. When onion starts to sizzle add red pepper flakes. Remove to bowl

Add a little more oil and sauté celery and zucchini. Add salt when they start to sizzle.

Combine veggies. Remove from heat. Add cheese. Fold in enough bread crumbs to hold the mixture together for stuffing. (1/2-1 cup).

Place zucchini halves in pan. Fill abundantly with stuffing. Spoon sauce generously over the top and bake until filling is set and zucchini is tender crisp. Sprinkle with parmesan if desired.

From: Cooking the Whole Foods Way by Christina Pirello

Have a great week and enjoy the tastes of summer!

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