

Hi Threshing Table Farm members,

Potatoes

Onions

Swiss Chard

Broccoli or Savoy Cabbage

Carrots

Cucumbers

Summer Squash and/or zuchinni

Green Beans

Turnip

Basil

It's been a busy, productive week. Over the weekend, the kids and I spent some time with my parents and family in Kewaunee.

We took a quick trip into Door County to pick cherries. After the picking, came the pitting and canning. But Mmm.. Mmmm we're set for winter.

Our cucumbers continue to be very prolific. Our zucchini seems to be slowing down, but we'll see what next week brings.

Cabbage worms have found both our cabbage and our broccoli. Some like to call them, "extra protein". For those of you not interested in another source of protein, you may want to soak them in salt water. Put about 1/4 cup of salt in a gallon of cold water. Soak your broccoli or cabbage in the water for about a half an hour. Place a cover on your bowl to keep the heads submerged during this time. Any worms will float to the top of the water during this time. Rinse your broccoli or cabbage and use as you'd like.

Store your basil in a glass of water on your kitchen counter. It does best in temperatures over 40 degrees. Do not wash basil until you are ready to use it.

Please remember to wash your produce. Swiss Chard and red potatoes are much tastier without any leftover dirt on them.

Chicken anyone?

If you are interested in getting chickens in fall from Farm Sweet Farm, please order ASAP. I was talking to Heather last week and she mentioned that she only has about 20 chickens left to sell out of the fall batch. Again, \$3 a pound if you order through us. We're also taking orders for beef if you need that.

Turnips

You can eat turnips raw. Simply slice (no need to peel) and serve with dip.

You can also grate raw into salads or slaws.

You can roast turnips alongside meats, add to soups or stews, or bake with potatoes and carrots, with some olive oil and seasonings.

You can also boil or steam turnips. Basically, you can treat them like a potato when cooking.

Swiss Chard

Swiss Chard can be eaten raw like lettuce. Remove the thick center stalk and tear the leaves into smaller pieces for salads or sandwiches.

You can also cook Swiss Chard, much like you would spinach. Use it in any recipe calling for Spinach; quiches, lasagna, omelets, etc.

Blend cooked chard (including cooking water) with plain yogurt, basil, salt and pepper. This makes a healthy creamed soup that is fast and delicious.

Swiss Chard Breakfast Burritos

3 cups cooked Swiss Chard

6-8 Flour Tortillas

2-3 cups shredded cheese, divided

4 eggs, beaten

2 cups milk

1 T. flour

1 tsp. mustard powder

salsa

sour cream

Oil a 9X13 baking dish. Divide cooked chard down center of tortillas. Sprinkle each pile of chard with 3 tablespoons cheese. Roll up tortillas and place seam side down in prepared pan. Mix eggs, milk, flour and mustard powder. Pour over tortillas. Cover with foil and refrigerate overnight. The next day, let burritos come to room temp. Heat oven to 350 degrees. Bake until eggs are set, about 45 minutes. Sprinkle remaining cheese on top and cover for last 5 minutes of baking. Serve with salsa and sour cream. This recipe can be adapted to use a variety of seasonal vegetables. Makes 4-6 servings.

Enjoy and have a great week!