



**VALLEY DREAM
FARM^{LLC}**

CERTIFIED ORGANIC PRODUCE

Week 11

Week of August 30, 2016

Available in farm stand for you:

- ❖ **Potatoes** - 1 quart Reds
- ❖ **Cukes** - field cukes 2 each
- ❖ **Beets**- 1 quart mixed
- ❖ **Summer Squash**-1
- ❖ **Onions**- pick 2-3
- ❖ **Red Chard** - 1 bunch
- ❖ **Peppers** - Sweet mix pick 2
- ❖ **Kale** - 1 bunch Green
- ❖ **Heirloom Cherry Tomatoes**
- 1 pint
- ❖ **Tomatoes** - 1 large 1 small
- ❖ **Jalapenos**- 2-4

CSA PICK YOUR OWN PATCH

Flowers - 6 stems

Rosemary (last row on the left side of the patch)

Heirloom Cherry Tomatoes- It's a jungle
out there!

Located next to the parking lot.

Hello Members,

This is week number 11 which is just past the half way point and we are excited to keep things rolling right along into the fall.

This week we have some new sweet peppers. There are several varieties and several different colors. We also have some jalapeno peppers too, they are definitely hot and delicious.

I ran away last week for 3 days alone with Farmer Joe. When I say alone, I mean Joe and close to 50 other Farm Bureau Presidents and spouses from all over the country. We were on a Nationwide sponsored Farm Bureau Leadership conference in Columbus Ohio, where their main offices are located. After flying from Burlington to Philly and then to Columbus, we were taken to the Nationwide Conference Center. We checked into a lovely room with a basket full of tasty Ohio products to try & nibble on. From our hotel we were taken to the Columbus Zoo for dinner. I had the best time at the Zoo. Joe had met Jack Hanna, who lives and works at the Columbus Zoo, on his last trip to Ohio, but unfortunately Jack was away this time. Upon arrival we were escorted into a Grand Ballroom with a deck overlooking the African environment. Animals roamed freely within our view. I was given a hand full of willow branches to hand feed the giraffes. There were three giraffes. The large one had to be fed to one side so that the two smaller ones who were not as assertive could also be fed. They are such beautiful and graceful animals. Water buffalo roamed on the hillside behind them. As I entered back inside, I was met by the cutest little penguin who looked like he dressed for the occasion in his black and white tux. His guide scooped him up and told us his name was "Flounder" and let us pet his belly which was extremely soft. A cheetah cub was escorted among us with his companion golden retriever. Golden Retrievers are used to help raise cheetah kittens to help keep the cheetahs very friendly.

The next morning after breakfast, Joe and all the other officers went to meetings and then met up with the spouses after lunch. Nationwide then took us to tour the amazing Columbus Children's Research Hospital. They specialize in several areas: neo-natal care, childhood diseases, research, and rehabilitation. It was amazing and beautiful all at the same time. That night dinner was at the Museum of Fine Arts where they had a Picasso exhibit. Again delicious and lovely. Should schedule to start my diet next week.

Then Friday, as others went to meetings, the spouses were whisked away to a conservatory to tour the gardens and their butterfly house. Another wonderful tour. Needless to say I came home thrilled for the experience, excited for next year and a bit tired.

We love representing Vermont's Farmers nationally.

Enjoy your veggies! Farmer Annie

Back to School Simple recipes!!!

Tomato Pie Wendy Hall

Pie crust - readymade is always quick and easy
3-4 Tomatoes (to fill the pie crust to the top)
8 oz package of shredded mozzarella
Basil leaves about 3 TB chopped
Olive Oil - to drizzle

Layer in the following order:

Readymade - Pie Crust - laid in bottom of pie pan
8oz shredded mozzarella (save a heavy pinch for the top of the pie)
Fresh chopped basil
Sliced and patted dry tomatoes (overlap in a circular pattern to cover that layer)
Salt and pepper to taste, add the cheese and drizzle with olive oil.
Cover your crust to prevent over browning.
Bake in 375° oven until golden and bubbly, let cool, and enjoy!

Asian Kale Salad farmer Annie (Serves 6)

12 oz kale
1 1/2 tablespoon soy sauce
1 quart boiling water with 2 Tablespoons of salt
1 tablespoon Asian sesame oil

Rinse Kale; tear leaves into about 1-inch pieces, discarding tough ribs and veins. In a 5 to 6 quart pot over high heat, bring about 1 quart of water to boil. Add salt. Add Kale and cook until slightly wilted, 3 to 5 minutes. Drain. When cool, squeeze excess liquid from kale and place in bowl. Combine soy sauce and oil and pour over kale. Serve at room temperature.

Kale Chips

A little olive oil or oil spray for the baking sheet
1 large bunch fresh kale, stemmed (remove the harder center rib) and torn into large bite sizes (about 1 pound)
1 tablespoon salt (I like sea salt or coarse salt)
2 to 3 tablespoons grated parmesan (optional)

Preheat oven to 350°F. Line a large baking sheet or two with foil, rub or spray it with oil. Take large bunch fresh kale, and remove stems (the harder center rib) and tear into large bite size pieces into a very large bowl. Add the torn kale, spreading out each leaf as much as possible. Avoid overlapping the leaves. Bake for 10 minutes, stirring once or twice during that time. Sprinkle with parmesan, and bake for 10 to 15 minutes longer, stirring occasionally, until it's as crisp as you like it. (The kale will continue to shrink and crisp the longer it bakes. If you watch it closely and stir it enough, you can get it quite crisp without burning it.) Remove the tray from the oven, and let the kale cool on the tray. Chips melt in your mouth. Kale Crunch will keep for a week or two in a covered container--no refrigeration necessary. Ours is gone in minutes!