



**VALLEY DREAM
FARM^{LLC}**

CERTIFIED ORGANIC PRODUCE

Week 12

Week of September 6, 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
- ❖ **Purple Pepper** - 1
- ❖ **Kale** - 1 bunch Green
- ❖ **Heirloom Cherry Tomatoes** - 1 pint
- ❖ **Tomatoes** - 1 large & 1 small
- ❖ **Sage**- 1 Bunch
- ❖ **Jalapenos**- 5
- ❖ **Lettuce**-1 head Romaine (Riverberry Farm)

CSA U-PICK PATCH

Flowers - 6 stems

Rosemary & Heirloom Cherry Tomatoes-
Still a jungle out there!

Farm to Table Dinners & Hayride

Discounted for our members

\$50 adults, \$33 kids 6- 12, Under 6 free.

Check the reviews on Trip Advisor.

Call us for your discounted reservations
644-6598

Hello Members,

Labor Day is an American Holiday to honor the American labor movement and the contributions that workers have made to the strength, prosperity, and well-being of our country. Workers deserve to take a day break from the grind and celebrate. There are other memories that I also associate with the holiday like my Mother saying, "Never wear white after labor day." as I would try to wear my white sandals one more time, and how you always had that feeling that it was the end of the summer season. The kids are headed back to school, fall sports begin and days are getting shorter.

Hopefully, you were able to spend some time outside enjoying the weather in our beautiful state. I will continue to hope for more of those warm and beautiful sunny days before those nippy frosts begin.

I have noticed the cooler night temps are bringing in those foggy cool mornings. The kind where you need to grab a sweatshirt when running out early only to shed it a few hours later. Always a sure sign that autumn is not too far away.

Similar events happen here at the farm that point toward fall coming soon too. Here is the latest list:

1. Monday was our last Farmers Market at Smugglers' Notch.
2. I found seeds to harvest and will think about drying herbs.
3. Hanging baskets come down and fall decorations go up.
4. Sunsets come much earlier as daylight hours gets shorter. .
5. Time to make the hot pepper jelly while the hot peppers are fully ripe and abundant.
6. Tomatoes are still being harvested.
7. Trying to get one more planting of crops in the greenhouses
8. The onions start to appear on the green house benches

Yes, that's right, the fall onion harvest has begun. The greenhouse benches will soon be filled with drying onions. This is farmer Joe's favorite crop. We like to dry their top greens as much as possible before going through the onion topper. The topper machine will twist off the remaining dead greens and this kind of seals in the sweetness to prepare the bulbs for fall and winter storage. If you are like farmer Joe you will want to eat our onions at every meal. Onions in his eggs and home fries for breakfast. Onions in his sandwiches for lunch and then onions in his salad for dinner. Of course the more onions in the main course the better. He says that's why he is so healthy. Onions!

Enjoy your veggies!

Farmer Annie

Chicken with Onions in a Cast Skillet

old family recipe

Ingredients

4 boneless chicken breasts with skins
Salt and ground black pepper
3 tablespoons vegetable oil
1/2 cup dry white wine
1/3 cup freshly squeezed lemon juice (3 lemons)
1/4 cup minced onion
3 tablespoons heavy cream
4 tablespoons (1/2 stick) unsalted butter

Directions

Preheat oven 425°. Dry chicken breasts add salt and pepper to both sides. In a cast-iron skillet, heat the oil over medium-high heat for 2 minutes, until it starts to smoke. Place chicken breasts, skin side down, cook until browned about 5 minutes. Turn breasts over and place the skillet in the oven. Roast around 15 minutes, until chicken is cooked thru. In another pan, mix wine, lemon juice, and onions. Cook for about 5 minutes, and reduce to 2 tablespoons. If reduced too much, add wine or water. Add the cream, Salt and Pepper. Bring to a boil. Remove from the heat, add diced butter until melted. Don't reheat or the sauce will "break"! Spoon sauce over chicken. Serve. Very nice to also add a little rosemary when in oven too!

Onion Soup with Apple Cider

Adapted from Bon Appétit Oct 2004

INGREDIENTS

- 4 tablespoons unsalted butter
- 3 tablespoons olive oil
- 6 large onions (about 3 pounds), halved, thinly sliced
- 4 cups chicken/ beef or veggie broth
- 2 cups apple cider
- 1 large thyme sprigs
- Chopped fresh thyme

PREPARATION

Melt butter with oil in large pot over medium-high heat. Add onions; sauté until soft and dark brown, about 20 minutes. Add chicken broth, cider, and thyme sprigs. Bring to boil. Reduce heat; season with salt and pepper. Simmer soup, uncovered, 25 minutes. Discard thyme sprigs. (Soup can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated. Rewarm over low heat before continuing.) Divide among 6 soup bowls, garnish with a pinch of fresh chopped thyme, and serve.

Onion Tart

Adapted from Bon Appétit Oct 2002 by Farmer Annie

Ingredients

- Pre made pie crust shell or deep dish crust (both work well)
- Brown paper bag - & scissors to cut to fit brown paper inside baking sheet sides
- 6 bacon slices (thick cut is nice too!), crumbled or chopped
- 2 large onion, thinly sliced
- Pinch of sugar
- 2 cup whipping cream
- 3 large eggs
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon of dried thyme leaves
- 1 cup (packed) coarsely grated Gruyère cheese or Vermont Cheddar

Preparation

1. Follow directions to pre cook Pie crust shell, set aside and cool.
2. Cut a brown paper bag to fit inside the edges of a rimmed baking sheet.
3. Cook bacon in 400° oven on a one layer of a brown paper bag lined baking sheet. Turn once and return to oven until crisp. When crisp remove. Do not burn. Move bacon onto paper towel layered dish. Pour excess fat remaining into a skillet carefully.
4. Add onions and pinch of sugar to skillet with bacon drippings and sauté until onions are deep golden brown, about 20 minutes. Whisk cream, eggs, pepper, and thyme in small bowl to blend. Spread onion over bottom of baked crust; sprinkle bacon over, then cheese. Pour cream mixture over.
5. Cover rim of tart crust with foil to prevent burning. Bake until tart is puffed and filling is set, about 30 minutes. Cool tart on rack 10 minutes. Remove pan sides. Serve warm or at room temperature.