



Week 13

Week of September 13, 2016

Available in farm stand for you:

- ❖ **Potatoes** - 1 quart Reds
- ❖ **Melons** - 1 cantaloupe
- ❖ **Cukes** - field cukes 2 each
- ❖ **Beets**- 1 quart mixed
- ❖ **Summer Squash**-any 1
- ❖ **Onions**- 3 (1 red + 2 yellow)
- ❖ **Sweet Peppers** - any 3
Carmen=horn shaped, Purple,
Green, Romanian=pale yellow,
bananas = yellow/green
- ❖ **Kale** - 1 bunch Green
- ❖ **Lettuce**-2 because they're
smaller heads (1 red leaf + 1
green leaf)
- ❖ **Tomatoes** - 3
- ❖ **Jalapenos**-4-5
- ❖ **Heirloom Cherry Tomatoes** -
1 pint

CSA PICK YOUR OWN PATCH

Flowers - 3 stems

Rosemary- end row

Heirloom Cherry Tomatoes

Hello Members,

I am so excited because we have a new fruit for you this week. This is a cantaloupe variety called "Sara's Choice". Jay selected this variety because it was the favorite from the field trials grown at Johnny's selected seeds in Maine. We buy most of our seed locally from High Mowing seeds in Hardwick, Vermont as they are a seed company that carries only organic seeds. We also buy organic seeds from several other companies that also sell both organic and conventional seeds, Did you know that certified organic growers must buy organic seeds when they are available, no matter what the cost difference? Also, when we have our annual inspection the inspectors look at all of our seed purchases to verify the organic seeds that we grow. On a rare occasion there is a shortage of the large volume needed for commercial availability, then the seed that is available must be verified as both untreated (without any chemicals and also not be genetically modified in order for organic farmers to use them in their organic soils). Just this summer there was great concern that newly packaged seeds would not have to be labeled as "Organic". This happened when the rest of the country was trying to overturn Vermont's new labeling law. A few other items within the statute were being discussed and one was to not label "Organic seeds", a major detail from an organic growers point of view. As organic growers, this would have been difficult for us. Farmer Joe, as VT Farm Bureau President, wrote to the national organization of American Farm Bureau and notified them of this harmful omission in the new statute. They were able to inquire with those working on the national proposal and confirm that there would be no changes to the mandatory labeling of organic seeds. Kudos to Farmer Joe for looking out for organic farmers. Joe is currently busy traveling to Vermont County farm bureau meetings around the state to hear their agricultural concerns.

Are you interested in supporting farming in Vermont and saving money on your oil or propane bills at the same time?

Then you should go to vtfb.org and join your county farm bureau. You do NOT need to be a farmer to join. You only have to be interested in supporting farming. Farm Bureau has farmer representatives in every county across the state and country that meet and discuss how to make new resolutions to support all types of farming from bee-keeping to dairy farmers and all others farm related issues in between. The farmers are trying to get the legislature to understand issues that help farmers. Farmers work hard to bring affordable food to the table. We also hope to bring more agricultural information into the classroom for the next generation of young farmers.

Enjoy your veggies! Farmer Annie

All the recipes this week have feta cheese. (I must be lacking salt in my diet.)

Wheat Berry Salad with Melon and Feta

this recipe was adapted from - Adam Hickman, Cooking Light SEPTEMBER 2014

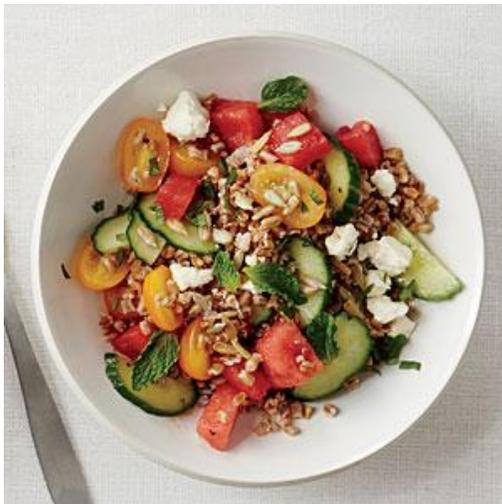
Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon tomato paste
- 1 1/2 cups cooked wheat berries
- 1 cup sliced cucumber
- 1 cup chopped melon (today's cantaloupe or make a double batch and add a cup of watermelon for even more color)
- 1 cup cherry tomatoes, halved
- 1 teaspoon of finely chopped and seeded jalapeno (optional)
- 3 tablespoons chopped herbs (only one -fresh basil, mint, or cilantro)
- feta cheese, crumbled (about 1/2 cup)
- 2 tablespoons unsalted sunflower seed kernels

Preparation

Combine first 5 ingredients in a large bowl, stirring well with a whisk. Stir in wheat berries; toss to coat. Stir in cucumber, melon, tomato, and herbs, toss to coat. Sprinkle with cheese and sunflower seeds.

when doubling this recipe I like to add a cup of watermelon along with the cup of cantaloupe for more color



Cherry tomato slicing tip: when halving cherry tomatoes pour similar sizes onto a plate and cover with a plastic lid. Then very carefully with a serrated bread knife slice tomatoes horizontally while placing slight pressure on the lid. Voila! A real time saver.

Zucchini and Feta Tart

(makes 1 9-inch tart)

Cathy Erway blog not eating out in ny <http://noteatingoutinny.com/2016/07/06/zucchini-and-feta-tart/>

for the crust:

6 tablespoons cold, unsalted butter, cut to small cubes

1 teaspoon salt

1 1/2 cups all-purpose flour

1-2 tablespoons cold water

for the rest:

3-4 medium-sized summer squashes

2 tablespoons extra-virgin olive oil

1/2 teaspoon herbs de provence (or dried thyme and other herbs you like)

1/2 teaspoon each salt and pepper

about 4 oz crumbled feta

chopped or slivered fresh herbs for garnish (optional)

Combine the flour and salt and gradually cut the flour mixture into the butter with a pastry cutter or your hands, until the chunks of butter are no larger than a pea. Add a tablespoon of the water at a time until there is just enough moisture for the dough to hold together into a ball. Cover the ball with plastic wrap and let chill for 30 minutes (or up to a day ahead).

Trim the summer squashes' ends. Using a mandoline, slice them into uniform sheets about 1/8" in thickness (or, slice across their length into uniform discs about 1/8" in thickness). Toss the sliced squashes with the olive oil, herbs de provence and the 1/2 teaspoons salt and pepper.

Preheat oven to 375 degrees. Roll out the pastry and press it into a 9" pie pan. Arrange the summer squash into the pan, layering them evenly atop one another. Scatter the crumbled feta on top. Bake for about 40 minutes, or until the edges are golden-brown. Let cool several minutes or up to a few hours, and top with the optional fresh herbs before serving.



Fresh Herb Tip: When replacing fresh herbs in a recipe calling for dried herbs remember to double the amount called for of the dried (think of dried as more concentrated)