



VALLEY DREAM FARM^{LLC}

CERTIFIED ORGANIC PRODUCE

Week 3

Week of July 5, 2016

Available in farm stand for you:

- ❖ **Potatoes** - Baby Reds 1 quart
- ❖ **Red Beets** - 1 bunch w/greens
- ❖ **Cukes** - 1 each
- ❖ **Green Tomatoes** - 1 pint - see recipe for fried green tomatoes
- ❖ **Baby Onions** - 1 bunch
- ❖ **Pea Pods**- 1 pint singles, 1 quart family size share
- ❖ **Kale** - Lacinata/Dinosaur 1 bunch
- ❖ **Lettuce** - 1 head singles, 2 heads families

Hellos Members,

Happy Fourth of July week! This week we have for you the first new potatoes of the season. This variety is called "Red Norland" . It is the earliest variety that we grow. They are being harvested at a very small baby size also called gourmet. They are best for roasting and boiling with the skins on and have a slightly waxy texture. Great for a cold potato salad on a hot summer day.

Why are they called new potatoes? New potatoes are harvested fresh out of the ground, which is different than fall potatoes. Fall potatoes, have the plants cut down and are allowed to set in the ground for 3 weeks which allows the skins to dry and toughen onto the potatoes. New potatoes have a very tender thin skin that can easily be rubbed off. This makes them harder to harvest and why we hand harvest all our new potatoes. We save the machine harvest our fall potatoes.

We also have another new item for you this week which is "Green" tomatoes. Green tomatoes are usually picked at two different times. Either very early to encourage a stronger plant or very late when the plants are in danger of frost damage. Obviously we are picking for the first reason. Of course we have given you our favorite fried green tomato recipe to enjoy them .

We have beautiful Oregon giant snow pea pods in the pick your own garden. Make sure to stop out there and look behind the pallet, where you will find the right size green containers for you to fill. And while there pick a few flower stems to brighten up your day. Blooming right now are the zinnias and snapdragons. There are paper towels in the farm stand you can wet and wrap around your flowers until you get home. Once home, re-cut the bottom of the stems and place in water.

Enjoy! your veggies!

Anne

CSA PICK YOUR OWN PATCH

Pea Pods - anymore desired on top of your share

*please make sure to hold plant when pulling

Flowers - 6 stems

Rosemary- 3 stems

Located next to the parking lot.

MEMBERS ONLY SALE:

4" pots and 6 packs - B.O.G.O.

Picking up your CSA at the FARM STAND:

1. **Highlight** your name (found on the pick-up day list)

2. **Shop for items on your list**

3. *****this is the first week we are offering a switch**

***** don't forget you may switch out (only up to 2) items on your list for other items in the farm stand please only switch standard sizes. 1 bunch = 1 pint etc**

Our staff is available to assist you with any purchases or questions that you may have. Email or phone us if you have any questions!

*(don't forget items in the **u-pick** garden)*

4. **Enjoy your produce**

This Weeks Recipes:

Best Fried Green Tomatoes, from allrecipes.com

Ingredients

- 2 large green tomatoes
- 1 egg
- ¼ cup of milk
- ½ cup all-purpose flour
- ¼ cup cornmeal
- ¼ cup breadcrumbs
- 1 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- 2 cups vegetable oil for frying
- Lettuce, washed and chopped
- Cucumbers, peeled and sliced
- Blue Cheese or Ranch Salad Dressing

Directions

1. Slice tomatoes 1/2 inch thick. Discard the ends.
2. Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat.
3. In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes; they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.
4. Serve Fried Green Tomatoes over a bed of lettuce and cucumbers with blue cheese or ranch dressing.

Baby Red Potatoes with Rosemary by Anne Tisbert

- 1 Quart of Baby Red Potatoes halved or quartered
- 3 Tablespoons of Olive Oil
- 2 Tablespoons of freshly chopped Rosemary leaves
- 1 Tablespoon of fresh thyme leaves
- 1 Tablespoon of garlic salt

Preheat oven to 450 degrees. Then prepare Herbs by chopping them finely and adding garlic salt and mixing and tossing herbs and salts together. Then add olive oil and stir again. Set Aside. Place cleaned Potatoes with skins on in a stock pot and cover with water. Add 1 tablespoon of salt to water. Bring water and potatoes to a boil and then time them for 12 minutes. Drain and run under cold water. Let sit for 5 minutes. Add potatoes to herbed oil and toss. Then pour onto an ungreased baking sheet and roast for 20- 30 minutes serve hot.

Pink Potato Hash by Anne Tisbert

- 1 Quart of red potatoes
- 1 bunch of Red beets
- 2 diced onions
- 1 clove of garlic
- 1 tablespoon of olive oil
- 1 lb sweet or hot Italian sausage (I use links)
- S & P to taste
- 1 tablespoon of maple syrup

Clean both root crops. Prepare to use 2 large pans to boil potatoes and beets separately. Place clean potatoes in pan, cover with salted (2 teaspoons) water and boil for about 12 minutes. Drain potatoes and let cool . For Beets remove all but 1 inch of beet greens. (if beets have no greens then just scrub roots until clean). Place beets in a pan and cover with water. Place cover on pan and bring to a boil. Boil covered until beets are fork tender (30-45 minutes). Drain beets and let cool enough to handle. Place beets in a large pan of cool water in the sink and slip skins off. Place peeled beets into a bowl. Dice beets into small bites. Dice potatoes into small bites. Cut sausage into small bites and put into a frying pan with olive oil and diced onions. Cook sausage then add pressed garlic and stir. Drain sausage, garlic and onion. Return to pan. Toss in diced potatoes and diced beets. Stir well. Hash will turn pink from red beets. Serve or keep in a warm oven until everyone is ready for dinner. Kids love it served with pancakes or waffles and a drizzle of maple syrup.

*warning - eating beets can cause red coloring to your stools the following day - this is normal.