



**VALLEY DREAM
FARM**^{LLC}

CERTIFIED ORGANIC PRODUCE

Week 8

Week of August 9, 2016

Available in farm stand for you:

- ❖ **Red Potatoes** - 1 quart
Reds
- ❖ **Beets w/ greens**- 1 mixed
bunch
- ❖ **Cukes** - 1 each
- ❖ **Cabbage** - 1 head
- ❖ **Corn** - 3 Single, 6 Regular
- ❖ **Summer Squash &
Zucchini**- pick 3
- ❖ **Onions**- 1 bunch
- ❖ **Kale** - Green Kale
- ❖ **Lettuce**- Green Romaine

CSA PICK YOUR OWN PATCH

Flowers - 6 stems

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

Heirloom Cherry Tomatoes- 1/2 pint

Cilantro (beyond the rosemary and has
small white flowers.)

Located next to the parking lot.

Hello Members,

This week we ate our first ears of delicious sweet corn. Having fresh corn always makes me feel like summer is in full swing. Organic corn can be a challenge for us to grow. We get a jump on it by having Jay start the seed in the green house and then transplant the plants directly into the field when it is a few inches tall. Then we weed, till and fertilize. Then comes the challenge of the predators. Corn has so many predators. Birds love to eat the seeds just as they are emerging from the ground. We cover the corn with row covers to keep the birds away until it is too large for them to peck. Birds will also peck at the corn if there are corn borers or ear worms in the silks or ears. Skunks love to chew the bottom of the stalk until it falls over and then scamper over to find an ear of corn to eat. Bears will roll around and knock the corn stalks flat while picking and eating some. We know it is them because they leave behind rotten corn remains and scat(poop). But the most notorious predator of all, is the raccoon. They have such a keen sense of smell. They know exactly when the corn is ready. Raccoons did get our first planting just as it was starting to ripen. Thanks to our new electric fence we are seeing less damage on this second planting. We have not seen any bad bugs on the corn this year and have not had to spray. Most years the bugs travel here on storms from the "South" and it is a very mild storm year here in the Northeast. When needed we use organic sprays after scouting for pests and finding issues.

Enjoy your summer and your sweet corn!

How store Sweet Corn and keep it sweet for a week.

We pick sweet corn in the morning when the sugar content is high and then either ice it or refrigerate it. Corn that sits out in the hot sun will turn the sugars into starch and not be quite as sweet overnight. By refrigerating the corn it will keep for you if you keep it in a very cold place in your refrigerator for a week.

Corn Chowder

Very Vegetarian Cookbook

This colorful soup highlights the bounty of late summer, when corn is plentiful, peppers are fully ripe, the potato harvest is beginning, and the nights have begun to have a little chill to them. Fresh corn is ideal in this recipe because you can use the cobs for stock. Try using left over grilled corn cobs for an additional flavor note. Cooking the potatoes separately ensures even doneness.

8 small potatoes, peeled and cut into ½ inch cubes
¼ teaspoon salt
¼ cup vegan margarine or oil
2 medium onions, diced
1 teaspoon minced garlic
4 stalks celery, diced
2 medium carrots, diced
½ teaspoon ground cumin
1/8 teaspoon cayenne
1/8 teaspoon dark chili powder
3 tablespoons flour
8 cups warm vegetable stock
1 tablespoon oil
2 large red bell peppers cut into ½ inch squares
2 medium green bell peppers cut into ½ inch squares
4 cups corn kernels
1 teaspoon salt
¼ teaspoon white pepper
2 tablespoons chopped fresh cilantro
Diced tomatoes (optional)
Whole cilantro leaves (optional)

Cover the potatoes with water in a small pot. Add the salt. Bring the water to a boil. Boil for three minutes or until potatoes are tender. Remove the pot from the heat, drain the hot water, and rinse the potatoes with cold water until they are cool. Reserve.

In a large soup pot over medium heat, melt the margarine or heat the oil. Add the onions, garlic, celery, carrots and spices. Sauté until the vegetables soften, about 8 minutes. Add the flour, stirring vigorously so no lumps develop.

Cook the flour for

2 minutes to eliminate the raw taste. Remove the pot from the heat. Slowly add 1 cup of the warm vegetable stock. Stir until the stock is fully incorporated and the mixture is smooth. Add 1 more cup of the stock and mix well. Add the remaining stock and mix well. When the mixture is smooth, return the pot to medium heat. Stir occasionally as the soup comes to a boil, making sure there is no scorching on the bottom of the pot. When the soup just begins to boil, lower the heat and cook for another 15 minutes or until the soup thickens. While the soup is cooking, heat the oil in a skillet over medium-high heat. Add the peppers and sauté until they are tender. Add the corn, peppers, potatoes, salt, pepper and chopped cilantro to the soup. Taste and adjust the seasonings.

Garnish with diced fresh tomatoes and cilantro leaves, if desired.

Makes 8-10 servings.

Corn and Zucchini Salad with Feta

Yield: 8 servings

BON APPÉTIT | AUGUST 2014 BY MONA TALBOTT

Ingredients

4 ears of corn, husked
Kosher salt
4 small zucchini (about 1 1/2 pounds), thinly sliced lengthwise on a mandoline
8-10 zucchini blossoms, torn into large pieces (optional)
1/4 cup coarsely chopped fresh basil
1/4 cup coarsely chopped fresh flat-leaf parsley
1/3 cup olive oil
1/4 cup white wine vinegar
1/2 teaspoon crushed red pepper flakes
Freshly ground black pepper
4 ounces feta, crumbled (about 1 cup)

Preparation

Cook corn in a large pot of boiling salted water until bright yellow and tender, about 3 minutes; transfer to a plate and let cool. Cut kernels from cobs and place in a large bowl. Add zucchini, zucchini blossoms (if using), basil, parsley, oil, vinegar, and red pepper flakes and toss to combine; season with salt and pepper. Serve topped with feta.

Do ahead: Corn can be cooked 1 day ahead. Cut kernels from cobs; cover and chill. Bring to room temperature before using.