



Hello Friends!

We're sweeping out the stand and gearing up for another great year! **Once again, we will be open every Saturday from 10:00 AM-2:00 PM, rain or shine.** We will not be participating in any local farmer's markets this year, so we hope you can come visit us. The stand is located right here on our beautiful farm. We are 5 miles south of Tionesta, 1/2 mile from Route 36— just watch for the yellow and green sign pointing the way on Saturdays! If you're unsure of our location, please feel free to give us a call or email for directions from where you live.

The broiler chicks are growing rapidly, so you can expect to find our all natural, free range chicken on opening day and throughout the summer. The rhubarb is ready now, and we'll have lots of salad greens, radishes, beets, onions, peas, beans and other early vegetables as well. There will be lots of Emily's home canned creations for sale too, including flavored vinegars, gourmet mustards, and jellies and jams you won't find anywhere else, including our popular Carrot Cake jam.

If you ordered freezer pork (whole or half hog), watch your mail for your custom cut pork form. By filling it out and returning it to us at your earliest convenience, we'll make sure you get the cuts and sizes that are best for your family. If you didn't order freezer pork, but would like to know more, please let us know. We offer freezer pork twice per year and are now taking orders for fall. If a bulk order is just too much for your family, don't worry. We'll also be offering all our pork products—roasts, ribs, chops, ham and bacon, as well as our homemade sausage in all four flavors— for sale by the pound at the stand as soon as we open.

Don't forget to check our website for prices and products available weekly. Emily works hard to keep it updated so you'll know just what we have for sale each week. While we do take orders if you're especially interested in a particular product, please let us know before 5 PM Fridays. See you at the stand!

Turkeys Return to the Farm

Turkeys are back by popular demand! We're watching our mail, as we are expecting our turkey poults to arrive soon. We are starting a flock of heirloom turkeys. We'll be raising both the Bourbon Red, a gorgeous red and white bird, and the Royal Palm, which is a stunning black and white patterned turkey. We will have a very limited offering of

these birds in early fall, probably near Labor Day. Unlike the traditional broad breasted whites, these turkeys will reproduce naturally, so we intend to keep quite a few of these beautiful birds to form a breeding flock to provide all-natural turkey for years to come!

We will also be raising the traditional broad breasted

turkey as well and will have them for Thanksgiving this year. Be sure to watch the newsletter for ordering information later in the season. We recommend pre-ordering your Thanksgiving bird, as we are likely to sell out quickly!



MAY HAPPENINGS:

- ◆ **Stand Reopens May 29!**
- ◆ Filling orders for freezer pork in mid May
- ◆ Taking orders for fall freezer pork
- ◆ Turkeys arriving
- ◆ Planting continues in the gardens



PLEASANT VALLEY FARM

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WE'RE GROWING A
 VARIETY OF
 LETTUCE THIS
 YEAR, ALONG WITH
 SWISS CHARD,
 SPINACH, MUSTARD
 GREENS, ARUGULA
 AND ASIAN
 GREENS.

We will once again be carrying raw milk cheese from Whispering Brook Cheese Haus. This is the same cheese we have sold at our farm stand for years. Although it is the only product we don't make it ourselves, it is a quality product our customers ask for. We feel the benefits of raw milk cheese fit into the organic philosophy we support, it comes from a family farm, and we're happy to offer it here. This cheese comes from Chambersburg, PA and is produced by a Mennonite family who raises their cows on pasture, milks them, and creates delicious cheeses right at the farm.

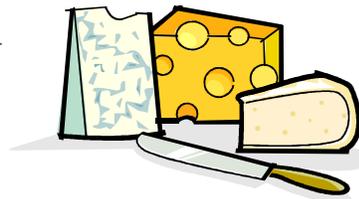
The milk is raw, or unpasteurized, meaning it is never heated to high temperatures.

Nothing says spring like a fresh garden salad. Here at the farm, we're excited to offer a variety of greens. We are growing a variety of lettuce this year, plus Swiss chard, spinach, mustard greens, bok choy, and arugula. We'll have some sold individually, and we'll again be offering our popular baby salad mix, which will include a variety of colors, tastes and textures. The mix will vary depending on what is growing each week!

Black Seeded Simpson lettuce is a classic variety that is a light green Greenleaf lettuce type. Grandpa Admire's is an heirloom dating back to the Civil War. While it doesn't keep very long, this butterhead lettuce is a beautiful green with red edges. It's tender and never seems to

Raw Milk Cheese

Commercial heat treatment kills all the bacteria in milk. While it does destroy the ones that cause illness, it also eliminates the bacteria that are good for your digestive system. Much like the probiotics in yogurt, raw milk cheese is a great way to get the enzymes and good bacteria that help keep us healthy. The cheese is aged for at least 60 days in compliance with food safety



laws, and because of the acids and salts in the cheese, harmful bacteria will not be present.

Because the cows are grass-fed, the milk also contains CLAs and omega-3 fatty acids. Studies have shown these fatty acids to play roles in maintaining healthy weight, fighting cancer, and boosting immunity.

Whispering Brook Cheese Haus creates a variety of delicious flavors. Last year we carried the cheddar, smoked cheddar, baby Swiss, horseradish, longhorn (Colby-style), jalapeño, and dill & bacon cheddar varieties. We anticipate offering all varieties again this year, plus some exciting new flavors. The cheese comes sealed in packages weighing around one pound. The price varies by variety, but ranges from \$5.99-\$7.99 per pound.

Salad Greens

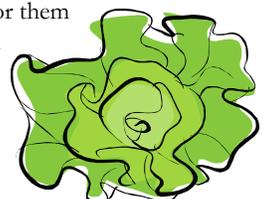
get bitter. We're planting a new heirloom this year as well, Crisp Mint. This is a Romaine type which is known for its excellent flavor. We're also growing Skyphos, a new variety, one of the reddest butterhead types.

Bright Lights Swiss Chard comes in a variety of colors— its stems are bright yellow, red, pink, orange and white. Baby sized, it's great in salads, and when larger can be used in place of spinach in your favorite recipe. We'll have spinach as well, this year you can look for Emu, a smooth-leaf variety here at the farm stand.

If you like a bit of bite to your greens, we'll have mustard greens and arugula this year. These greens have a spicy, but not overpowering, flavor.

We'll also be offering Asian greens. Bok Choi, also known as Pac Choi, looks like a cross between a Romaine lettuce and a cabbage. Baby sized, it makes a unique addition to our salad mixes. Sold by the head when mature, it can be used in Asian-style stir fries. We're also planting Hon Tsai Tai, a green with red-purple stems and a mild mustard flavor. It can be used raw to spice up your salad, or lightly cooked in stir-fries and soups.

We're likely to add even more varieties as the season goes on, so look for them when you stop by!



Flavored Vinegars

Make Great Salad Dressing

Salads are a healthy part of any meal, and a great way to enjoy fresh vegetables. However, many commercial dressings are loaded with added fats and sugars, often in the form of high fructose corn syrup or soybean oil. Too much of these dressings can turn a salad into a high-calorie, high-fat part of your meal. So what can you do about it? Make your own salad dressing! It's easy, and you'll know exactly what you're eating.

A simple way to make your own dressing is by starting out with a flavored vinegar. Currently, we offer three: Blueberry-Basil, Dried Herb, and Mulled Blackberry. These are made by steeping fruits, spices and herbs in the vinegar for a few weeks, then straining the vinegar before sealing it in jars.

A quick and easy way to use these vinegars on a salad is to mix them with olive oil, pour over some greens, and enjoy.

We also recommend the following recipe for making a great dressing:

In a blender or food processor, combine 2 Tbsp each flavored vinegar and olive oil, 1 tsp each sugar and Dijon mustard, 1 clove garlic and the zest of half a lemon.

Process until smooth., then drizzle over your favorite farm fresh greens.



Sausage is Back

When we reopen, you'll be able once again to stock up on our famous homemade sausage. We are able to keep the price the same again this year, so you will be able to get any variety for just \$3.25 per pound.

We use the same secret family recipe for our breakfast sausage Tom and Betty developed years ago. While we can't tell you the recipe, we can let you know that it is a loose sausage for making your own patties, and has just a hint of brown sugar sweetness.

Our other loose sausage is the sage variety. Like the breakfast sausage, it comes in a 2 pound package and is now made with sage grown right here at the farm, thanks to Emily's successful herb garden.

We will have Emily & Dan's Italian sausage again this year as well. We will have the same mild and hot varieties as we offered last year, and are working on developing an extra-hot recipe as well. This is a rope sausage and comes in natural hog casings.

This all natural casing means the sizes do vary somewhat, but we usually offer packages weighing between 1 1/2 and 3 pounds.

We're often asked what makes our sausage so good, and how it can be so lean. Our secret is simple: we use real meat. No filler, no byproducts, only quality cuts of our farm-raised pork. We add herbs and spices, mix it by hand and grind it here at the farm. The result is quality you can taste in every bite.

MAKING YOUR OWN
SALAD DRESSING IS
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WHAT YOU'RE
EATING. IT'S
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FLAVORED
VINEGARS.

It's Rhubarb Time!

Rhubarb is the earliest fruit of the season here at Pleasant



Valley Farm! While the leaves of the plants are considered poisonous, the stalks are nutritious and can be used in a number of ways. Rhubarb is

high in vitamin C, dietary fiber, and is rich in calcium. It also contains a fair source of potassium, is a minor source vitamin A, and is low in sodium. One cup diced rhubarb contains only 26 calories! Although it is sour when unprepared, it is frequently used in desserts either by itself or combined with strawberries, another early fruit.

You'll often find rhubarb recipes for pies and jellies. That's why it's often called the "pie plant"! For those of you who don't have much experience with this plant, or for those who want to try something new, we've collected some rhubarb recipes for you on page 4!

PLEASANT VALLEY FARM

YOU CAN FIND MANY MORE
INTERESTING RECIPES AT
WWW.RHUBARBINFO.COM

Baked Chicken And Rhubarb

INGREDIENTS:

- 1 whole chicken, cut up (about 3 pounds)
- 2 c. diced rhubarb (1/2-inch pieces)
- 1/3 c. sugar
- 1 1/2 Tbsp. cornstarch
- 1 1/2 c. water
- 2 tsp. lemon juice
- 1/4 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- rice for serving

PROCEDURE:

Combine cornstarch, sugar, rhubarb and water in a saucepan. Cook and stir over medium heat until mixture boils. Cook until clear and thickened, about 2 minutes. Add lemon juice. Cool.

Place chicken in a shallow baking dish. Brush with butter and sprinkle with salt. Bake uncovered in 375 degrees oven for 30 minutes. Spoon rhubarb sauce over chicken. Sprinkle with spices. Return to oven and bake 20 minutes longer. Serve immediately with sauce spooned over chicken. Serve with hot cooked rice. Yields 4 to 6 servings.



Rhubarb Punch

INGREDIENTS:

- 6 C. finely chopped fresh rhubarb
- 6 C. water
- 1 (12 oz) can frozen lemonade concentrate
- 1 C. sugar
- 1 liter lemon-lime soda, chilled

PROCEDURE:

In large saucepan, combine rhubarb, water, lemonade and sugar. Cover and cook about 20 min. until rhubarb is very soft. Strain to remove pulp. Chill liquid. Just before serving, pour rhubarb mixture over ice cubes in punch bowl. Carefully pour in chilled soda. Garnish with additional ice cubes or an ice ring.



Oatmeal-Rhubarb Bars

INGREDIENTS:

- 1 cup All-purpose flour
- 3/4 cup Oatmeal -- uncooked
- 1 cup Brown sugar -- packed
- 1/2 cup Butter, unsalted -- melted
- 1 cup Sugar
- 2 teaspoons Cornstarch
- 1 cup Water
- 1 teaspoon Vanilla extract
- 4 cups Rhubarb, cut in 1/2" pieces

PROCEDURE:

Mix flour, oatmeal, brown sugar and butter until crumbly. Press 1/2 into greased 9" pan. Add rhubarb. Combine sugar, cornstarch, water and vanilla; cook till thick and clear. Pour sauce over rhubarb. Top with other half crumb mixture. Bake at 350F for 45 minutes.