

Updates from

PLEASANT VALLEY FARM

NOVEMBER, 2010



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Hello Friends!

November is here, and that means we'll close for the year at the end of the month. We will reopen Memorial Day weekend, 2011. In the meantime, you'll be able to keep up with the farm through our [Local Harvest blog](#) or [Facebook page](#). Over the winter months, this newsletter will slow down as well. Although we've been doing it monthly since it started this spring, we're going to slow things down a bit and send out probably two over the winter months.

You'll notice something similar about all the products for sale in November—they are all "keepers"! Potatoes, onions and winter squash will all keep for months after the stand closes if stored properly. That's why we'll be offering them in quantity, like 1/2 bushels of potatoes or 1/2 pecks of storage onions. At this time we're also offering a 10 for \$10 special on winter squash—save \$5 by buying a bunch! You can mix and match your favorite varieties, like butternut, spaghetti, acorn and more. We'll also have a wide variety of canned goods, which will also keep all winter long on your pantry shelves.

Another way to save and stock up for winter is to order freezer meat. We are still accepting a limited number of orders for freezer beef and pork. You can choose between a mixed 1/4 or 1/2 cow or a whole or half hog, including plenty of home-made sausage! Contact us for more details if you are interested.

If you ordered a Thanksgiving turkey, please be sure to let us know when you want to pick it up! We will have birds available on Saturday, November 20 and Tuesday, November 23. We need to know which you prefer so your turkey can be processed at the correct time.

See you at the stand!

-Emily

*Have a happy & sustainable
holiday feast!*



Holiday Baskets

Do you have someone on your holiday gift list who is hard to shop for? Need an out of the ordinary hostess gift for an upcoming gathering? Consider giving the gift of local food!

We have gift baskets here at the farm stand, starting at only \$10. You can choose from sweet jams, flavorful vinegars, hot and spicy

sauces, pungent dried herbs, or tangy mustards and pickles. Each is hand made with a recycled basket and comes with a clear wrap and preprinted gift tag—just fill in the names

and it's ready to give!

If you already

have your favorite products in mind, let us know ahead of time and we can create a custom basket for you. We're able to include any of our jams, mustards, vinegars, pickles or dried herbs. If you're not sure what all the wonderful options are, just go to our website and look under "[Products Available Now](#)."



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NOVEMBER HAPPENINGS:

- ◆ Stand is open every Saturday from 10:00-2:00 through the end of November
- ◆ Still accepting freezer pork & beef orders
- ◆ Storage vegetables are in—onions, potatoes, and winter squash
- ◆ Pre-ordered turkeys can be picked up Saturday, Nov. 20 or Tuesday Nov. 23
- ◆ Redeem your Farmer's Market Nutrition Program Vouchers here

Spotlight on Rare Breeds: Bourbon Red Turkey

Thanksgiving is the time to talk turkey! If you aren't getting your turkey from a farm, you'll be eating a Broad-Breasted White. As the name implies, they are an all-white bird, bred to have lots of meat in the breast so you can enjoy plenty of white meat. They can handle industrial conditions and are valued for producing the most meat in the least amount of time (and cost.) However, these large breasts have developed to the point where the birds are no longer able to mate naturally. This breed is perpetuated by artificial insemination only. They are usually processed well before they reach a year old, as their fast growing bodies rapidly develop heart and leg problems.

We have a dedication to using heritage breeds here as much as possible and looked into getting a flock of breeding turkeys this past spring. If you've visited the stand this year, you've likely seen our Bourbon Red turkeys. They are a beautiful chestnut red color

with white wing tips and tail markings. The "bourbon" part of the name comes from the fact that this breed was developed in Kentucky (and parts of Pennsylvania) around the turn of the century. The Bourbon Red is one of the larger non-industrial breeds of turkey; males will reach a weight of around 30-35 lbs, and females mature to a weight of 18-20 lbs. Although that is much smaller than the weight of a Broad Breasted White, which can be 50 lbs, it is sufficient for a nice dinner. The Bourbon Red birds are also long lived and can reproduce naturally.

The Bourbon Red is the most popular breed of heritage turkey. The numbers of birds kept doubled from the poultry census in 1997 to a population of over 1,500 in 2003— a remarkable comeback! Part of the reason for the resurgence of this bird is that they were added to the Ark of Taste program of Slow Food

USA, which seeks to maintain rare and heirloom foods by promoting the taste and culture behind them. Paradoxically, often the best way to save an endangered breed of livestock is to get more people to eat them!

We have been so happy to make these turkeys a part of our farm. They forage well, and are often found roaming the yard eating bugs. They prefer to roost in our pine trees, often 50 feet or more up, rather than in the poultry shed. However, they are friendly and personable birds and we look forward to having them as a permanent addition to the barnyard.

We are very excited for late spring, when our hens will begin to lay their first eggs. We will be hatching them, both to increase our flock and to raise for sale at Thanksgiving.



A Bourbon Red tom, strutting his stuff!

Gourds



This year, we grew a variety of decorative gourds in the garden. We have a colorful assortment of small ones, as well as larger bottle gourds. Although they aren't edible, they are wonderful decorations for fall displays, and you can take pride in knowing your fall decorations were sustainably grown. Gourds can be dried and will keep for years if stored in a dry place out of sunlight.

We have large light green or green & white striped bottle gourds as well. These make an attractive addition to porches and

doorways during the fall months. They are also known as bird-house gourds. Keep them in a dry place, and when you can hear the seeds rattle around when you shake it, you can turn it into a home for your feathered friends! You'll need to clean it and remove any mold that may appear during the drying process by using water with a bit of bleach. Then drill an entrance hole and scoop out the seeds. Add a few small holes in the bottom for drainage. If you like the look of your gourd, simply coat it in a clear shellac to preserve it, or get

creative and paint it using acrylic paints before sealing it with a clear coat. Then find a spot to hang it outside and watch for visitors!

For more explicit directions, check out: http://www.ehow.com/how_7022017_carve-birdhouse-gourds.html

Small gourds are **\$.75 each or 3 for \$2.00**. **Bottle gourds** are **\$1.50 each**. **Pumpkins** are also available, for decorating or eating, and are priced by size starting at **\$1.50**.

HERE ARE SOME TASTY IDEAS TO WARM UP YOUR KITCHEN ON THESE CRISP FALL EVENINGS.
INGREDIENTS LISTED IN **BOLD** ARE FOR SALE NOW AT THE FARM!



Twice-Baked Squash

Spaghetti Squash & Onions

1 SPAGHETTI SQUASH, AROUND 2 LBS
5 LARGE ONIONS (2-3 LBS), SLICED OR CHOPPED
4 TBSP BUTTER
1/2 CUP WHITE WINE
2 TBSP CHOPPED PARSLEY
1 TBSP CHOPPED ROSEMARY
FRESHLY GRATED PARMESAN CHEESE
SALT & PEPPER

Preheat oven to 350 degrees. Cut the squash lengthwise and place, cut side down, on a cookie sheet. Bake for 40 minutes or until soft and easily pierced with a fork. Scrape the flesh out; it will be stringy and resemble spaghetti.

Meanwhile, melt the butter in a saucepan. Add the onions, stir to coat, and cook, covered, over low heat for 1 hour, stirring occasionally. Season with salt & pepper and cook until thoroughly soft and beginning to color.

Raise the heat to reduce any juices, then add the wine. Cook until slightly syrupy, about 15 minutes. Stir in the herbs and season with salt & pepper to taste.



Toss the squash with the onion mixture, then top with cheese just before serving.

4 LARGE BAKING POTATOES

1 POUND **WINTER SQUASH**, PEELED AND CUBED
1/2 CUP BUTTER
2 TEASPOONS SEASONED SALT

Preheat oven to 400 degrees. Place potatoes on baking sheet & bake 45 minutes, or until cooked through and tender.

Place squash in a pot with enough water to cover. Bring to a boil and cook 10 minutes or until squash is tender. Transfer to a colander and drain for 30 minutes.

Cut potatoes in half & scoop out insides, taking care not to tear the skins. In a large bowl, combine potato, squash & butter. Mash together, then fill skins with the mixture. Sprinkle with season salt.

Reduce oven to 350 degrees. Place filled potatoes on baking sheet and bake 30 minutes, until filling is slightly browned. Top with cheese, sour cream, or your favorite potato topping!

Holiday Ham Glaze

2 TBSP MULLED BLACKBERRY VINEGAR
1/2 CUP BROWN SUGAR
BONE-IN HAM, ANY SIZE

Place brown sugar in a small bowl. Mix in mulled blackberry vinegar. Feel free to add more vinegar or sugar until you are satisfied with the consistency. Brush over your ham during the last 30 minutes of baking.