



Hello Friends!

The leaves are changing and many of summer's plants have gone dormant for the year. While that does mean we won't have any corn or tomatoes until next year, there is still so much going on here at the farm. Frost and cooler temperatures mean our winter squash are ready for harvest. We will be open, rain, snow or shine through the end of November.

We still have plenty of cool-weather produce. You can choose from red or white potatoes, or give our all-blue fingerlings a try. They have a deep purple skin, and the flesh inside is also purple. We guarantee it will really make your next potato dish stand out! We also have white and red storage onions, along with some sweet onions. While we can't call them Vidalias (that name is trademarked by the county of the same name in Georgia) they are just as sweet! We also have a wide variety of winter squash. See page 2 for more information on the types you'll find at the stand.

We also continue to have lots of humanely raised meats. We have plenty of beef on sale now, as well as all four varieties of our homemade pork sausages. More lamb will be arriving this month, so you'll get a second chance to purchase lamb chops, ground lamb, or kabob meat. Your last chance for fresh chicken will arrive around mid-October. Once these birds are gone, we won't be offering them again until next year. We do take pre-orders for those who want to be sure that they don't miss out!

The tables are also full of our preserved products! Look for even more variety in our dried herbs as well as new canned goods like pickled beets or pumpkin, or our newest jam, apple pie in a jar!



See you at the stand!

-Emily

Fall Decorations

Looking for organic ways to decorate for the season?

This year we have an exciting crop of **ornamental gourds** (\$1.50 each) in an array of fall colors and shapes. We will have a limited amount of **pumpkins** (\$4 and up) for baking or decorating and we'll once again have lots of **Kabocha squash** (\$2.50 each). These are bright orange and pumpkin-

shaped, although they average just three to five pounds. They are a terrific eating squash with a flavor even sweeter than our butternuts, but their shape and color also make them a perfect decorative squash as well for fall displays or pumpkin-painting.

Another fall offering you'll find now are **sunflower heads** (\$2.00 each). Once the petals fall off and they

begin to dry, we'll cut them and offer them for sale. Set outside a favorite window, they make wonderful, all-natural bird feeders. Since all our plants are grown organically, you can also try roasting them for a healthy snack, or save a few seeds to plant and enjoy next year.

Get your **corn shocks** (\$2.50) here as well!

OCTOBER HAPPENINGS:

- ◆ Stand is open every Saturday from 10:00-2:00 through the end of November
- ◆ Still accepting freezer beef orders
- ◆ Fresh chicken available mid-October
- ◆ Storage vegetables are in- onions, potatoes, and winter squash
- ◆ Redeem your Farmer's Market Nutrition Program Vouchers here



PLEASANT VALLEY FARM

Dan & Emily Stevenson

4792 Sage Road
Tionesta, PA 16353

(814)755-3911

pleasantvalleyfarmpa@yahoo.com

www.pleasantvalleyfarm.weebly.com

Winter Squash 101

We have a variety of winter squash available again this year. While they are ready to eat now, they are also a great food item to stock up on, as they will keep well into the winter months if kept in a cool, dry place. (Anywhere you would keep potatoes will work well.)

Acorn— a small squash with a ribbed, acorn-like shape, these dark green squash are excellent keepers and can last all through the winter months. A great choice for baking, these are smaller squash averaging around 3 lbs each.

Buttercup— also dark green, these are a medium sized squash which are rounded with a “button” on the bottom. They become sweeter a few weeks after harvest but are best used within a few months. A dry environment is the key to storing these squash so avoid basement storage.



Butternut— a tan squash that bulges toward the bottom, these are the best keepers of all winter squash. Properly stored, butternuts will keep all through the winter. Famous for their sweet, nutty flavor which develops best after a few weeks of storage.

Giant Pink Banana— salmon colored and banana shaped, these are extra large squash. As they grow to weights of 20-30 lbs, they may be a bit large for all but the biggest families. However, if you're a baker, they make a wonderful substitution for pumpkin in pies and other desserts!

Hubbard— big, warty, and blue-green, these monster squash can weight 20 pounds or more. Most commonly used mashed, they are also a good choice for baking and can also be used in place of pumpkin in your favorite recipe. Another great choice for long storage.

Kabocha— bright orange and pumpkin shaped, they are often mistaken for mini pumpkins or gourds. While they are wonderfully decorative, they have a superb, sweet and nutty taste, and a small size (3-5 lbs) that is perfect for a meal for one or two people. Also good keepers.

Spaghetti— an oblong, bright yellow squash, it gets its name from the cooked flesh. After baking or boiling, it shreds easily with a fork, making long, mild-flavored, spaghetti-like strands that are perfect for topping with your favorite pasta sauce or salad dressing!

Sweet Dumpling— ivory colored with dark green ribs, these may be some of the prettiest winter squash. Ready to eat right off the vine, we recommend using these ones within four months of purchase for best flavor.

Our winter squash are priced at \$2.50 each, except Pink Banana and Hubbards, which start at \$5.

WHERE ELSE CAN
YOU GET QUALITY
T-BONES FOR
\$3.00/POUND?
STOCK UP WITH
OUR FREEZER
BEEF!

Freezer Beef

We're still accepting orders for half or quarter freezer beef. Ordering in bulk means you'll have plenty of humanely raised, grass fed beef to get you through the winter months while we are closed.

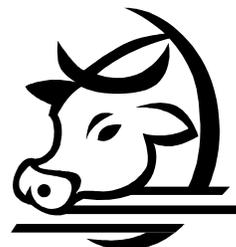
We charge \$3.00/lb based on the hanging weight of the animal, so we can't quote you an exact price until your order is processed, but you should figure on a cost of roughly \$350 for a quarter, and around \$700 for a half. You should also have a chest freezer available to store your meat, as

even a quarter will be 100 lbs or more, which takes up more room than the average fridge/freezer combo will be able to accommodate. If you have the space, it's quite a bargain...where else can you get quality T-bone steaks for \$3.00/lb?

Some places ask you to choose between a front or rear quarter, meaning you need to decide whether you'll use more steaks or more burger. We sell ours as a mixed quarter, meaning you'll get 1/4 of each cut of meat. Whether you choose a half or a

quarter, you'll be getting a selection of all the cuts we carry. You'll be getting T-bone, Porterhouse, sirloin, rib and round steaks; chuck, tip, English, R.B. and rolled rump roasts; soup bones, stew beef and lean ground beef. Heart, tongue and liver are also available by request.

We have a limited quantity of freezer beef available and it must be pre-ordered, so be sure to let us know if you are interested.



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

Crock Pot Roast Beef

1 **BEEF ROAST**, AROUND 2 LBS
(**R.B., CHUCK, TIP OR ENGLISH**)
2 MEDIUM **ONIONS** (OR 4-6 SMALL)
4 MEDIUM **POTATOES**
(PREFERABLY **YUKON GOLDS**)
DRIED **SAGE**
SALT & PEPPER

Place beef roast in crock pot and season with salt & pepper to taste. Crumble 2 sage leaves and sprinkle over beef as well.

Wash onions and potatoes well. Quarter potatoes and onions (or halve onions if using small pearl ones). Add to crock pot.

Add enough water to cover meat about half way. Cook on low for 6-8 hours or until roast is fork tender and falling apart.

BONUS TIP: After cooking, strain liquid into saucepan. Heat and thicken with a small amount of cornstarch or flour to make a delicious gravy.

Basic Squash

Take any winter squash. Cut in half lengthwise and scoop out seeds. Place cut side down on a baking tray and bake at 375 for 45 minutes or until tender (large squash will take longer.)

Scoop from the skin and serve topped with butter and brown sugar for an easy side vegetable with your meal.

Sausage-Stuffed Squash



3 **ACORN SQUASH**
1 LB LOOSE **PORK SAUSAGE**
(**BREAKFAST, SAGE OR MILD ITALIAN**)
1/4 CUP **GREEN PEPPER**, CHOPPED
1/2 CUP GRATED **PARMESAN CHEESE**
1/3 CUP **ONION**, CHOPPED
3 TBSP **SOUR CREAM**
SALT & PEPPER

Halve and seed squash. Sprinkle insides with salt & pepper. Place, cut side down, in shallow baking pan or tray. Bake at 375 degrees until squash is tender (about 45 minutes). To test for doneness, pierce squash with a fork.

As the squash bakes, cook the sausage. When meat starts to brown, add the peppers & onion. Cook until sausage is thoroughly done. Drain off fat. Reserve 2 Tbsp Parmesan cheese, then mix the rest into the sausage. Stir in sour cream, then add salt & pepper to taste. Remove squash from oven, turn cut side up and fill with sausage mixture. Sprinkle with remaining cheese, then bake 15 more minutes.

Herbed Roast Chicken

1 **WHOLE CHICKEN**, 4-6 LBS
2 TBSP **MELTED BUTTER**
2 CLOVES **GARLIC**, MINCED
DRIED **BASIL**
DRIED **SAGE**
FRESH **ROSEMARY**
SALT & PEPPER

Rinse the chicken inside and out with cool water. Pat dry and place, breast side up on a rack in a roasting pan. Loosen skin at cavity opening and insert a sprig of rosemary on each side. Place additional sprig inside cavity. Crush a few leaves each basil and sage by placing in your palm and rubbing your hands together. Place in body cavity as well. Brush chicken with butter and rub with garlic.

Roast uncovered at 375 degrees for 1 1/2—2 hours or until meat thermometer reads 165. Let rest 10 minutes before carving.