

Updates from

PLEASANT VALLEY FARM



JULY, 2011

VOLUME 3, ISSUE 5

Hello Friends!

We hope your summer is off to a great start! June was, as always, a very busy month for us. We were excited to get our first cutting of hay off of the fields and into the barn earlier than we ever have before, with the first load coming into the barn June 2! We've had an amazing amount of success hatching turkey poults, and one of our hens even hatched a few herself, and is doing a wonderful job of keeping them safe. We've also seen the first few Coturnix quail hatch, and we hope to be seeing lots more coming soon. We are still hoping to be able to offer some quail products by late summer. And just after Father's Day, Pixie's father, Finnbar the Dexter bull, returned to visit our farm. We're hoping he produces a couple of beautiful calves for us again next spring with our girls Fianniat and Lil.

The garden is growing by leaps and bounds. We're already picking peppers and beets and digging new potatoes, and expect to have cucumbers, zucchini and more in the next week or so. As always, check out the "Now On Sale" page on the farm's website to check out what is for sale each week. It's updated every week to give you the latest information on available items and the current prices. As the garden begins producing lots of vegetables, look for some of your favorite pickled products to return to the table, like hot pepper rings, pickled beets, and Emily's Own Dill Pickles.

We will be offering our naturally raised chickens again soon. Our first offering sold out in record time, so feel free to contact us and put in an order. Chickens are sold as a whole bird only and, on average, weigh between 4-6 pounds.

Finally, a big thanks goes out to everyone who participated in our "What's Growing On" contest last month. Our customers really know their vegetables! You'll find the answers in this month's edition of the newsletter, so be sure to check out how you did!

See you at the stand!

-Emily

Oh, Honey!

We've had many requests over the past few years for fresh, unpasteurized honey. While we don't have our own hives, we have been trying to find a local apiary who had enough to allow us to carry their honey at our stand. However, due to bee diseases such as Colony Collapse Disorder, it's not an easy time for beekeepers, and to date we hadn't been able to find a partner, until now!

We're very excited to announce that we will be offering honey beginning

July 2nd. Look for the 8 oz Honey Bears, priced at just \$3.50 each. The honey we're offering is a raw product, meaning that it has not been pasteurized. You get all of the beneficial enzymes along with a delicate flavor.

Our honey comes to you from Daniel & Lee Lehman of Chambersburg, PA. We were able to locate this honey through our partners at Whispering Brook Cheese Haus. In fact, some of the hives that produce this wonderful, golden

honey are located right on Whispering Brook's own farm! Our current offering is some sweet light honey, made from a number of different kinds of spring blossoms. We will be sure to keep you updated if other varieties become available.



JULY HAPPENINGS:

- ◆ Farm Stand open every Saturday from 10:00 AM-2:00 PM
- ◆ Unprocessed honey is now available!
- ◆ More fresh chicken will be available later in the month, contact us to reserve yours.
- ◆ New cheese offerings include Goat Cheddar and Horseradish Cheddar.
- ◆ More vegetables and canned vegetable products are coming into season each week!



PLEASANT VALLEY FARM

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Pepper Palooza!

We are excited to be picking peppers already this season. Be sure to stop by for fresh green bell peppers and spicy banana peppers, which are already in season! As the summer moves along, we'll also have jalapeños and cherry bombs, which are small red peppers that pack a fiery punch! Later in pepper season, we anticipate being able to offer a few heirloom varieties of peppers as well. These varie-

ties are bred for flavor, not early production, so they tend to mature a bit more slowly than some of the other plants in our garden.

When the peppers are in season, we hate to waste a single one. As pepper season moves along, we'll do our best not to let a single one go to waste! Be sure to look for pepper rings at our stand, they add just the right

zing to salads and sandwiches. Depending on what peppers are in abundance, we will have different offerings ranging from mild to extra hot. Check out the website or stop by on Saturday to see what peppers and pepper products we have to offer each week!



THIS RECIPE IS A
GREAT WAY TO USE
SOME OF
SUMMER'S GARDEN
GOODNESS. IT'S
GREAT SPOONED
OVER FRESH
CHEESE CURDS OR
GRILLED FISH!

Cucumber & Pepper Relish

1 or 2 cucumbers (~ 3/4 lbs)
1 small sweet pepper, very finely diced
3 green onions, thinly sliced (include 1" of greens)
2 Tbsp chopped dill
1 Tbsp chopped cilantro
1 1/2 Tbsp white wine vinegar
Sea salt & freshly ground black pepper

Adapted from
Local Flavors
by Deborah
Madison

Score the cucumbers with a fork or citrus zester. Cut lengthwise into quarters, slice off seeds and chop. Toss with remaining ingredients. Add salt & pepper to taste and adjust acidity as needed. Let stand 30 minutes for flavors to meld. Use within 1-2 days.

Optional- for those who like it hot, add a teaspoon of minced hot pepper.

How Fresh are Your Herbs?

When it comes to flavor, we know that freshness counts. That's one of the reasons that produce directly from a farm tastes so good! The same is true of herbs. Herbs give your food flavor without added sugars salts, or fats, and a few fresh ones can really make a dish stand out.

Because the flavor is contained in oils within the leaves, it matters when your herbs were picked—the older they are, the less fla-



vorful they will be. Our herbs are cut fresh every Saturday morning. Once picked, we put them in water to preserve the fresh flavors. They will keep for several days on the counter at your home if you do the same.

We also offer dried herbs here at the farm. Our fresh herbs are dried using only warm air to preserve as much of the flavor as possible. Although drying herbs allows you to enjoy the flavor for a longer period of time, even dried

herbs lose much of their flavor as they age. It's recommended that you replace any dried herbs in our kitchen after six months.

We offer basic culinary herbs such as sage, basil, and oregano as well as more exotic flavors such as lime basil and chocolate mint. Like all of our products, we list what's in season from the herb garden each week on the "Now On Sale" portion of the website.



What's Growing On Here?



#1. Chives.



#2 Sweet Corn



#3. Rhubarb– yes, the leaves and roots really are poisonous!

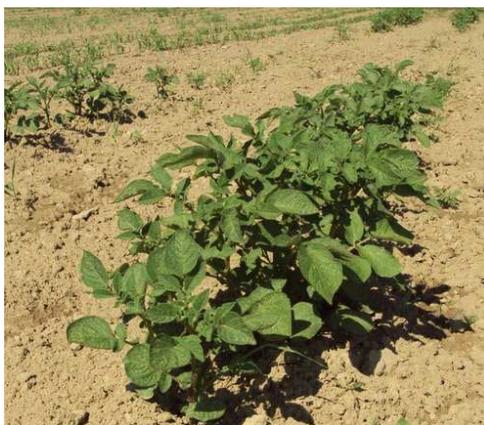
Bonus points –tall green leaves in the background in photo #1 are Horseradish!

Thanks to all who entered! Here are the answers to last month's quiz.

We had lots of guesses and many of you really know your vegetables!



#4 Bell Peppers



#5 Potatoes



#6 Shelling Peas