

Updates from

PLEASANT VALLEY FARM



NOVEMBER, 2011

VOLUME 3, ISSUE 9

Hello Friends!

Our season is quickly coming to a close, but you still have a chance to visit us and stock up for the winter. We continue to be open every Saturday through the end of the month. **We'll also have a special pre-Thanksgiving pickup day on Tuesday, November 22.** The stand will be open from 2:00 –6:00 PM. Even if you're not picking up a turkey that day, feel free to stop by as we'll have all of our vegetables, other meats and canned goods available as well.

Although frost means the garden is pretty well dormant, we still have some great produce—like cabbage, potatoes and a variety of winter squash! These crops store well in a cool, dry part of your home. Under proper conditions, they can keep for months, helping you to eat local & organic long after we've closed for the winter. We've also got lots of canned goods. Unopened, the jars will stay fresh for years, but with such tasty things inside, they usually don't last that long! Keep reading the newsletter for details on new products, and ideas for an early start on holiday shopping—gift baskets filled with farm-fresh products!

As the season winds down, our meat offerings change. Details are on page 2 in the Butcher's Corner. We are still taking reservations for Thanksgiving turkeys, so contact us soon to make sure you & your family can enjoy a humanely raised, hormone & antibiotic free bird for your Thanksgiving meal!

See you at the stand!

-Emily



New Products

Even though the season is winding down, we are excited to have introduced a few new items over the past several weeks.

Apple Butter is a seasonal favorite. Emily uses Betty's famous recipe to make a delicious, slow-cooked apple spread with just the right touch of spices, including cinnamon and nutmeg. \$5.00/pint.

Old Fashioned Vinegar Candy—Enjoy homemade hard tack candy? Then you'll want to try this! Emily uses her delicious Blueberry Basil vinegar and adds sugar and butter to make this sweet. Don't let

the name fool you, this is a sweet & delicious treat. \$2.50/3 oz bag.

Popcorn—this year, we grew an heirloom variety of popcorn called Smoke Signals. These small ears make great decorations, but you can also have fun popping them for a healthy snack. All you need is a paper bag! Simply break the husk off the end of the cob, place in bag and microwave on high for 2

minutes or until popping slows. Another way to pop would be to remove the kernels from the cob, then put in an air popper.

Oktoberfest Beer Mustard

The latest addition to our mustard lineup, this is a whole grain mustard made with beer. It's got a nicely spicy profile that accents everything from pretzels to sausage



Smoke Signals Popcorn

NOVEMBER HAPPENINGS:

- ◆ Farm Stand open every Saturday from 10:00 AM-2:00 PM through the end of the month
- ◆ Still taking Thanksgiving turkey reservations.
- ◆ Special weekday hours—Tuesday Nov. 22 from 2-6 PM
- ◆ Pre-made & Custom gift baskets are available!



PLEASANT VALLEY FARM

Dan & Emily Stevenson

4792 Sage Road
Tionesta, PA 16353

(814)755-3911

pleasantvalleyfarmpa@yahoo.com

www.pleasantvalleyfarm.weebly.com
www.localharvest.org/blog/27987

Butcher's Corner

As the season winds down, the offerings from our garden change. So does our meat selection. Here's what you can expect for the month of November!

Beef— currently, our selection of beef is very limited. Steaks and roasts are done for the year. At this time, we still have lean ground beef, sold in 1 lb packages for \$3.50/lb (sorry, bulk discounts are done for the year.) For those of you who enjoy making your own beef soups & stews, we also have plate boils, which are similar to a soup bone, for \$2.50. Our full selection of beef returns when we reopen in May 2012.

KNOW SOMEONE
WHO IS HARD TO
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Know someone who is hard to shop for? A unique solution would be to give the gift of local food!

Here at Pleasant Valley Farm, we offer gift baskets for all kinds of tastes. On any given visit, especially as the holiday season approaches, you'll find a variety of flavors, prepackaged in a recycled basket and complete with a gift tag— all you need to do is add the names of giver and recipient! And whether it's for a dear friend or a hostess gift, we offer an assortment of products that is sure to please any taste. Here are some of the types of baskets you might find on your next visit:

Sweet Tooth— a combination of two of our gourmet jams or preserves, including Carrot Cake Jam, Black Forest Preserves, Cranberry-Peach Conserve, or Orange-Rhubarb Jam.

Lamb— is nearly sold out for the year, with only a few packages of chops, kielbasa and ground lamb available. Our pasture raised lamb returns late August, 2012.

Chicken— we will be processing a few more birds before the end of the season. We will have another batch of the standard 4-6 lb birds, and at the end of the month we'll be offering a few heavier chickens as well. All chicken is sold as a whole bird, \$2.25/lb.

Pork— we will continue to have a full selection of pork through the end of the month. Stop by for roasts (\$3.75-\$4.00/lb), pork chops (\$4.00/lb), bacon (\$5.00/

lb), ham or ham steaks (\$4.00/lb). We'll also have all four varieties of our homemade sausage in stock, all at \$3.50/lb. Our bone-in ham makes a great holiday meal, so call or email us soon if you'd like to have one for your family for any of the upcoming holidays!

Turkey— we still have some turkeys available for Thanksgiving, but preorders are required. Expect a 12-15 lb Bourbon Red bird. This breed is known for a rich turkey flavor. Our heritage birds are \$2.50/lb and can be picked up either November 19 or the 22nd, during our special Thanksgiving week hours.

Looking for a Great Gift Idea?

Mustard Mania— a basket containing 2 of our homemade mustards, it could contain Honey Mustard, Hot Pepper Mustard, Oktoberfest Beer Mustard or Ginger-Garlic Mustard.

Vinegar Lovers— choose from flavored varieties for healthy salad dressings, like Blueberry Basil, Dried Herb or Mulled Blackberry, or surprise your favorite home chef with Red Wine, White Wine or Champagne vinegars.

Hot & Spicy— filled with 2 or more of our fiery offerings, this type of basket could include some of our Pepper Rings (mild, hot or extra hot!), Hot Pepper Jelly, Hot Pepper Mustard, Fiesta Salsa, Thai Sweet & Hot Dipping Sauce, or Hot Peach Barbecue Sauce.

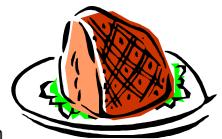
Italian— Sun Dried Tomatoes, Red Wine Vinegar, Bruschetta in a Jar, Dried Basil, Parsley, or Oregano could all be a part of this type of basket.

Herb— any of our dried herbs, which include Basil, Oregano, Parsley, Chive, Chamomile, Coriander or Sage.

Pickle Lovers— will love a basket full of delicious pickled veggies. Options can include Emily's Own Dill Pickles, Hot, Mild or Extra Hot Pepper Rings, Dilly Beans or Pickled Beets.

Custom— You tell us! We'll be happy to make up a basket containing just what you want. Please email or call ahead, or order a basket right at the stand for pickup the next time you visit.

Gift Baskets start at just \$10!
Prices are based on the number of items and the retail value of what is included.

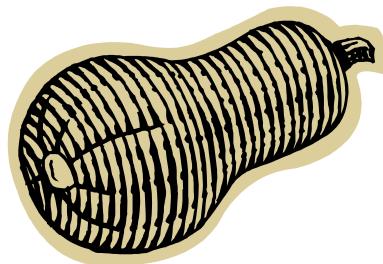


Enjoy some hearty slow cooking with these recipes!

All items listed in bold in the ingredient lists are available here at the farm.

Butternut & Acorn Squash Soup

- 1 each **butternut & acorn** squash, halved and seeded
- 3 Tbsp butter
- 1/4 cup **onion**, diced
- 1 quart chicken broth
- 1/3 c packed brown sugar
- 8 oz cream cheese, softened
- 1/2 tsp freshly ground black pepper



Preheat oven to 350 degrees. Place squash cut side down in a baking dish. Bake 45 minutes or until tender. Remove from heat & cool slightly. Scoop pulp from skins; discard skins.

Melt the butter in a skillet and sauté onions until tender.

In a blender or food processor, blend all ingredients until smooth. This may be done in several batches.

Transfer soup to a pot over medium heat. Cook, stirring occasionally, until heated through. Garnish with **parsley** and ground cinnamon, if desired, and serve warm.

Crock Pot Pork Ribs

Ribs are a great meal anytime, not just during grilling season!

- 1 **rack pork ribs**
- 1 cup of your favorite marinade, vinegar, barbecue sauce, etc

Thaw ribs, if frozen, preferably in refrigerator ahead of time. Place ribs on cutting board, and with a sharp knife, slice each rib apart. Layer in crock pot. Top with sauces and/or seasoning of your choice. You can also add sliced or chopped **onions**, **garlic**, **peppers** or other flavorful veggies. Cook on high for 6 hours or low for 8, or until meat falls off of the bones.

Sauce suggestions: Hot Peach BBQ, Sweet & Tangy Rhubarb-B-Q, or 1/2 c Dried Herb Vinegar + 1/2 c water.

