



## *Hello Friends!*

It's hard to believe September is here already, bringing us the first days of fall. September is local food month, and although not all of your favorite vegetables are still in season, there are still lots of good things to be found on the farm. The first frosts will bring out the sweetness of our winter squash and pumpkins. Storage items like onions and potatoes will be forthcoming as well. It also brings fun items for decorating for your favorite fall holidays— we'll have corn shocks, gourds and other goodies. Check the "Now on Sale" page online to find out when they are ready!

Don't forget, for those fall events where you simply can't come empty handed, home canned products make great hostess gifts. With everything from sweet jams to tangy pickled vegetables to hot and spicy items, there is a flavor sure to please just who you have in mind. We also do gift baskets— choose from pre-made, or let Emily know in advance and she'll be happy to work with you to get one custom-made with the items you want.

For all you carnivores reading this, be sure to check out the Butcher's Corner on page two. It details what meats are coming up. You can feel good getting your meats from us, as our animals are all treated with the highest standard of care, given lots of room to run and play outside, and processed humanely under sanitary conditions. With all the recalls in the news constantly, isn't it nice to be able to actually talk with someone who raises your food?

Just because the days are getting shorter does not mean we are closing. We're open every Saturday, rain, shine, or that s-word, through the end of November.

**See you at the stand!**

*-Emily*

### SEPTEMBER HAPPENINGS:

- ◆ Farm Stand open every Saturday from 10:00 AM-2:00 PM
- ◆ More fresh chicken will be available this month, contact us to reserve yours.
- ◆ More vegetables and canned vegetable products are coming into season each week!
- ◆ 10 Pounds of Ground sale extended— get 10 1-lb packages of ground beef for \$30! You save \$5.00!



## Garlic

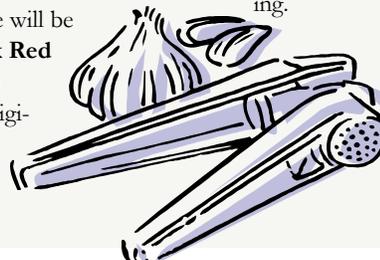
While much of the gardening is done for the year, we're excited to be putting garlic in this fall. Garlic is planted later in the year, overwinters in the soil, and the bulbs are harvested in the summer. So, like so many things on the farm, we need to plan many months ahead to be able to offer garlic next year.

We will be planting two heirloom varieties of garlic, both of which are coming to us from Seed Saver's Exchange. Most of our planting will be

**German Extra Hardy garlic.** This is a hardneck variety with ivory white skin. When peeling this garlic, you discover that the skin next to the clove is deep red. It is strongly flavored raw but is also said to be one of the very best varieties for roasting.

The other variety we will be planting is **Chesnok Red garlic**, a variety also called Shvelisi. It originated in the village of Shvelisi in the

Republic of Georgia. This is also a hardneck type, but unlike the German Extra Hardy, the bulbs have a beautiful, purple-red skin. This garlic peels easily and retains much of its wonderful flavor during the cooking process. This makes it great for roasting or cooking.



### PLEASANT VALLEY FARM

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THERE ARE MANY  
WONDERFUL WAYS  
TO USE VINEGAR IN  
YOUR COOKING.



We often hear the question “Those vinegars are so pretty...but what do you do with them?”

The first and easiest thing is to use them as a salad dressing! Our flavored vinegars– **Dried Herb, Mulled Blackberry**, and **Blueberry-Basil**, are especially tasty for this purpose, but the winne vinegars are great too. Just mix with olive oil, shake, and pour over your favorite greens & veggies. If the vinegar flavor is too tart for your taste buds, feel free to put in a sweetener– sugar, brown sugar, or honey. A dollop of Dijon or yellow mustard added to the mix can give a new depth of flavor as well! Freshly diced herbs added to the mix are never a bad choice, either.

Our **Mulled Blackberry** vinegar

(cider vinegar infused with wild, handpicked blackberries & mulling spices like cinnamon & clove) also makes a great glaze when you’re roasting a ham. Just mix 1/4 cup each of the vinegar and dark brown sugar. Feel free to add more of one or the other to get the consistency you’re after, then just brush it on during the last 30 minutes of baking. So delicious, Emily swears she’s going to use it as an ice cream topping too, one of these days!

We also offer **Red Wine, White Wine, and Champagne vinegars**. These make good salad dressings as well. You can also use them in cooking. There are plenty of recipes in many cookbooks that call for either red or white wine vinegar. Champagne is like white wine,

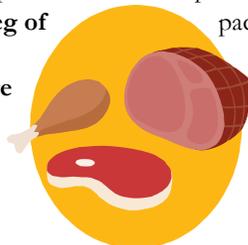
only sweeter, and may be substituted in place of white in the same quantity.

There are many wonderful ways to use vinegar in your cooking. Consider using white wine vinegar in place of lemon juice in your favorite fish recipe (or simply splashing it and a bit of fresh herbs in the pan before you place the fish in the oven). If you’re cooking beef in a skillet and making gravy with the pan drippings, try adding a splash of red wine vinegar to the pan instead of water or beef stock for a richer flavor.

Please keep in mind though, our home fermented vinegars are not tested for acidity and are not pasteurized to keep them at the 5% strength of grocery store vinegar. They should NEVER be used in canning for food safety reasons.

## *Butcher’s Corner*

Fall is a very traditional time for putting meat away for the long winter ahead. September is brining the return of some of our favorite **pork products**, like **chops, hams** and **bacon**. It is also the traditional time for processing lamb. We’ll be posting more about lamb once they are picked up by our processor, Hirsch’s Meats, so watch the webpage or our Facebook page for details on availability. Expect to see **lamb chops, leg of lamb, ground lamb, and more lamb kielbasa** on our price board soon!



We have had numerous questions about freezer meats. No freezer pork or beef is available for this fall/winter. We sold our much more quickly than anticipated. The ordering process will start again in the spring, I will post it here in the newsletter when we open the lists again. However, we have decided to extend our **ground beef sale** into this month, so feel free to stop by and stock up on some. Buy 10-1 pound packages of frozen ground beef for \$30, a savings of \$5.00 of regular price of \$3.50 per pound..

You still have time to get some of our famous poultry as well. We’re kicking off September with fresh chicken, and we’ve ordered more baby birds to keep the processing going through the end of October. We are still selling out weekly, so it’s a good idea to reserve yours well in advance.

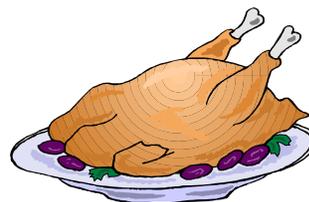
It’s also edging ever closer to turkey time. This year, we will be offering only heritage breed birds. That means if you order a turkey from us, you should anticipate a 12-15 lb bird for your table. We are no longer raising Broad Breasted birds, so we will not have any 20+ pound birds. Information will be posted in the stand, here, and online when we start taking turkey reservations at the beginning of October.

*Enjoy some fun cooking with vinegar in these recipes!*

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

### **Chicken Braised in Red Wine Vinegar**

- 1 large **chicken**, cut up,
- 1 Bay Leaf
- 1 cup chicken stock (or make your own with the neck and back of the chicken, water to cover, plus 1 onion & another bay leaf while the main dish cooks!)
- 2 Tbsp olive oil
- 1 cup **Red Wine Vinegar**
- 1 1/2 Tbsp **Honey**
- 1 1/2 cup tomato sauce (or canned crushed tomatoes)
- 2 Tbsp unsalted butter
- 2 Tbsp chopped fresh **Parsley**
- Sea salt & freshly ground pepper



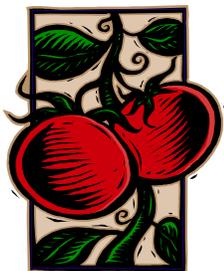
Heat oil in a Dutch oven over medium-high heat. Add chicken and cook until brown on both sides. Transfer to a plate and pour off the fat.

Return pan to the heat and gradually pour in the vinegar. Scrape the bottom, then add bay leaf and honey. Return chicken to the pot and simmer until vinegar has reduced enough to see fine bubbles pebbling the surface, about 20 minutes. Turn chicken 1-2 times during cooking.

Add chicken stock (strain & measure 1 cup if making your own) and tomato sauce to the pan. Lower to a simmer, cover and cook until chicken is tender, about 25 minutes. Transfer chicken to a platter and whisk the butter into the simmering sauce. Taste for salt. Pour the sauce over the chicken and serve, scattering the parsley on top.

**Adapted from  
Local Flavors  
by Deborah  
Madison**

### **Tomato & Basil Soup**



- 1 pound **tomatoes**, peeled, seeded & diced
- 1 medium **onion**, chopped
- 3/4 lb **potatoes**, peeled & diced
- 3 cups vegetable stock
- 1/3 cup **Dried Herb** or **White Wine Vinegar**
- 1/4 cup fresh **basil**, minced
- 1tsp salt
- 1/2 tsp freshly ground black pepper

In large, nonreactive saucepan, combine tomatoes, onion, potatoes, stock and vinegar. Cover and place over medium heat. Bring to a boil, reduce heat to low, and simmer 30 minutes or until potatoes are very soft. (Can also be made in a crock pot! Just simmer on low until potatoes are tender.)

Pour soup into a blender and puree. Stir in basil, salt & pepper.

**\*\*For a variation, try fresh dill instead of basil! \*\***

**Adapted from Herbal Vinegars by Maggie Oster**