



## *Hello Friends!*

August is here, bringing with it the most popular farm veggies, sweet corn and tomatoes! It is also Pennsylvania produce month, since most vegetables are in season right now. Our crops of cucumber, zucchini & summer squash and peppers just seem to get bigger every week, and in addition to the corn and tomatoes, we are also anticipating eggplant and a variety of melons by the end of the month as well. We've planted several varieties of watermelon, including a couple of heirloom varieties, cantaloupe, honeydew and an heirloom muskmelon.

The garden's bounty also means I am bust in the kitchen trying to preserve these wonderful foods. In the past few weeks, we have been offering our extra hot pepper rings and my secret-recipe dill pickle slices. As more and more vegetables come into season, look for other pickled vegetables such as our pickled beets and dilly beans, as well as delicious salsas! I also anticipate bottling more of our home-fermented wine vinegars, so look for red and white wine vinegars in addition to the champagne vinegar available now.

The herb garden is growing as well, so look for basil and Thai basil along with fresh chamomile to make an appearance on our herb display. We will also be offering dried basil and oregano.

Our small flock of sheep has been thriving on the lush pasture this summer, and the lambs are growing fast. We will begin processing lamb and offering it for sale this month. For more information, see the article on page 2.

Farmer's Market Nutrition Program and the Senior Farmer's Market Nutrition Program vouchers continue to be accepted here. Also, the "Kindergarten Ready, Set, Go!" punch cards can still be redeemed here— bring your kindergartener and they will be entitled to \$5 towards any farm stand purchase!

See you at the stand!

*-Emily*



### **AUGUST HAPPENINGS:**

- ◆ Stand is open every Saturday from 10:00-2:00
- ◆ Chicken, Beef & Pork available now
- ◆ Lamb coming soon
- ◆ Corn and Tomatoes ripen this month
- ◆ Redeem your Farmer's Market Nutrition Program Vouchers and "Kindergarten Ready, Set, Go!" punch cards here

## *Sweet Corn*

We get more questions about our sweet corn than any other vegetable. We are excited that August is here, and have planted a few different varieties to try to extend our sweet corn season.



The first variety to ripen is a bicolor corn which has white and yellow kernels (commonly called butter & sugar) and is called "Sweet Chorus." Next will come an all-yellow ear called "Applause." The latest-ripening variety is also a bicolor corn and is called "Delectable."

Although our seed catalogs offer over 80 different varieties of sweet corn, we've planted these three because of the success we've had with them in the past. We will label them at the stand so you'll know which is your favorite. We hope you'll stop by and give them all a try!

### **PLEASANT VALLEY FARM**

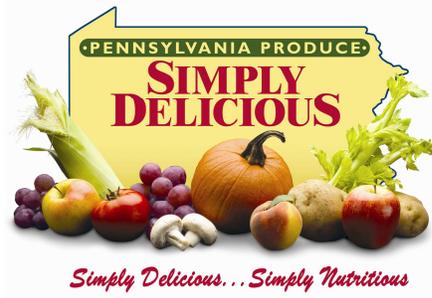
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## *August is PA Produce Month!*



Why August? Because this is the month when the majority of PA's garden vegetables are ready for harvest! Two of our most anticipated market vegetables, tomatoes and sweet corn, make their appearance this month. All but early spring or late fall vegetables are available this month.

According to the PA Vegetable Marketing & Research Program, Pennsylvania's 3,500 vegetable growers plant nearly 48,000

acres of vegetables that produce more than 200,000 tons of vegetables for fresh and processing use that are worth over \$141 million to the state economy. August is the peak season for many Pennsylvania vegetable crops, and all but the early spring and late fall vegetable crops are available in August. There's sweet corn, potatoes, snap beans, tomatoes, peppers, cabbage, cantaloupes, watermelon, zucchini and other squash, lima beans, lettuce, beets, carrots, onions, fresh herbs and more.

Sweet corn is Pennsylvania's largest vegetable crop. Growers plant over 21,000 acres per year ranking the state as the seventh largest producer of fresh market sweet corn and the eighth largest producer of processing sweet

corn. Snap beans are the second largest vegetable crop with over 11,000 acres being grown.

Pennsylvania ranks third in the nation in the production of pumpkins, the state's third largest vegetable with 8,500 acres being grown. Tomatoes are the state's fourth largest vegetable crop. Pennsylvania growers plant 4,000 acres of fresh market tomatoes, ranking Pennsylvania eighth in the nation, plus about 1,000 acres of processing tomatoes. The other top ten Pennsylvania vegetable crops are cabbage at about 1,500 acres (13<sup>th</sup> in the nation); peppers at about 1,400 acres; cantaloupes at 1,100 (seventh in the nation); squash at 1,100 acres; peas at 800 acres; and cucumbers at 700 acres.

ALL BUT EARLY  
 SPRING OR LATE  
 FALL VEGETABLES  
 ARE IN SEASON  
 DURING AUGUST.

## *Pasture Raised Lamb*

Fall is fast approaching, and that means it's time for lamb! We maintain a flock of sheep and have lambs born here at the farm starting in February each year.



They have been growing fast, and we will once again be offering lamb for sale by the pound beginning August 14th.

Our lambs are 100% pastured, meaning that once they are weaned from their mother's milk, they eat nothing but fresh grass. No corn or grain is fed to them at any point in their lives. They are born here, so we can assure you that they have never been given any hormones, anti-

biotics, or growth-enhancing chemicals.

Lamb is a healthy meat, and is consumed by more people worldwide than beef or pork! Lamb is generally considered "lean" by USDA guidelines and is rich in a variety of vitamins and minerals such as iron, zinc, riboflavin, niacin and B-12. Because our flock is pastured, not fattened in a feedlot, you also get the benefits of grass fed nutrition, such as omega-3 fatty acids.

Many lamb dishes are traditionally served with **Mint Jelly**. While it can be hard to find, we have it here at the farm for \$3.50/jar, made with our own organically grown mint. Don't

forget to pick yours up when you purchase our pasture raised lamb!

We will be offering the following cuts for sale at the stand:

- Leg of Lamb**-\$4/lb
- Ground Lamb**-\$3/lb
- Stew/Kabob Meat**- \$3/lb
- Lamb Shoulder Steaks**- \$3/lb
- Lamb Chops**- \$5.50/lb

If you really love lamb, please contact us about purchasing a whole freezer lamb.

## Spotlight on Rare Breeds: Dexter Cattle

Most folks have heard of Holsteins or Black Angus, but did you know that there are over 900 separate, recognized breeds of cattle worldwide? Each breed was developed by people for a specific function: beef, dairy or for draft animals power. Some, especially the well-known breeds, have long been prized for the ability to excel in one of those areas. Some breeds are considered to be dual purpose, and the Dexter cow is considered to be tri-purpose, as it can be successfully utilized for any of these purposes.

The Dexter has its origins in Ireland. It was bred as a small family cow. The females were milked, and the males were used for beef or to help provide the draft power to work the land. They are the smallest breed of non-miniature cattle, standing just 3 to 3.5 feet tall at the shoulder when fully grown. The exact origins of the breed are somewhat unknown, but archeologists

have found the bones of Dexter-like cattle in Ireland, estimated to be from the Iron Age, around 800 B.C.!

Dexters are most commonly black, but red and dun colored animals are also recognized. They may have horns which are white with black tips.

Here at Pleasant Valley, we got our start with Dexters in November of 2009 when we purchased Fiannait from Muirstead Farm in Union City, PA. She is registered with the Purebred Dexter Cattle Association. We are also looking at getting a second Dexter cow named Lil Muirstead. This summer, we are also hosting a bull from that farm, Finn-Bar, and are hoping for a healthy calf early next summer. While many breeds commonly use artificial insemination because today's bulls are too dangerous to keep on the average farm, Dexters are known for their gentleness and trainability, even the bulls.

We became interested in Dexters when deciding to get a family milk cow. While we have no plans to offer dairy products (other than raw milk cheese from Whispering Brook Cheese Haus) at the stand, we are always interested in increasing our self-sufficiency. Since they are a dual purpose breed, we'll also be able to use any male calves for beef if we choose.

Dexters are on the "Recovering" list of the American Livestock Breeds Conservancy, meaning that there are more than 2,500 new animals registered per year, or a global population of more than 10,000. They are growing in number, meaning at one point they were in a more endangered category.

For more information on Dexters, check out [www.purebreddextercattle.org](http://www.purebreddextercattle.org).



Fiannait Muirstead,  
aka "Finni"

## Do You Like it Hot?

Here at the farm, we don't like to see anything go to waste. Our "inferno" banana peppers have been very productive so far this year, so Emily has been using them in some tasty canned creations.

Our **Extra-Hot Pepper Rings** (\$3.00/pint jar) combine inferno and jalapeño pepper rings in a vinegar brine to make rings that are great on pizza, subs or sandwiches. We also expect to have the standard **Hot Pepper Rings**, made with regular banana peppers (also \$3/pint) in the very near future.

**Hot Pepper Jelly** (\$3.50/jar) is another farm favorite. With an intriguing blend of heat and sweet, it is a wonderful treat combined with cream cheese and used as a spread on bagels. Like all of our processed products, the golden-green hue is from the flecks of peppers, not artificial food colorants.



August brings tomato time, and we will again be offering our **Hot Pepper Salsa** (\$4.00/pint) made with homegrown tomatoes, onions and peppers.

We will also continue to offer our **Thai Sweet & Hot Dipping Sauce** (\$4/bottle). While it doesn't have the heat of some of our other products, this sweet and sour type sauce is great for dipping fresh veggies, egg rolls, wontons or anything deep fried!

IN HONOR OF PA PRODUCE MONTH, HERE ARE SOME TASTY IDEAS TO COOK UP THE GARDEN'S BOUNTY THIS MONTH.

INGREDIENTS LISTED IN BOLD ARE FOR SALE HERE AT THE FARM!

## Zucchini-Tomato Gratin

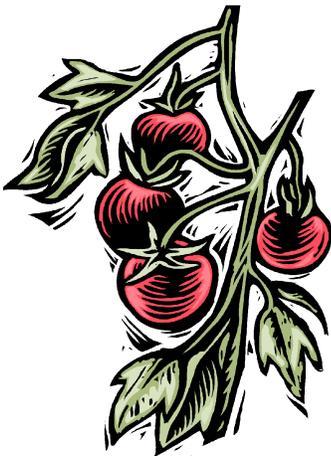
- 4 **zucchini** (about 6" long)
- 3 large, ripe **tomatoes**
- 1/4 cup olive oil
- 3 Tbsp Parmesan cheese
- Fresh oregano** leaves (or 1 tsp **dried**)
- Salt & pepper

Slice zucchini into 1/2" thick slices. Slice tomatoes into 1/4" slices.

Place in 9 x 13" baking dish, alternating zucchini and tomato.

Sprinkle with salt, pepper, oregano and cheese. Drizzle with olive oil.

Bake at 400 degrees for 35 minutes.



## Corn Fritters with Cheese

- 6 ears **sweet corn** (3 cups kernels)
- 2 **eggs**, beaten
- 4 **green onions**, sliced, including greens
- Fresh herbs** of your choice  
(parsley and basil or dill are good choices)
- 1/3 cup flour
- 1 cup grated **cheese** of your choice
- Butter or oil for frying
- Salt & pepper

Slice the kernels from the ears then press the knife against the cob to extract corn milk. Mix with the eggs, onion, herbs, cheese and as much flour as can easily be absorbed. Season with salt & pepper to taste.

Melt butter or cover pan bottom with oil. Divide batter into 6 portions and drop into skillet. Fry for 2 minutes, then flip and fry the other side until golden brown.

## Deep Fried Zucchini

- 1 medium sized **zucchini**
- 2 **eggs**, beaten
- 1 1/2 cups flour
- 2 cups Italian style breadcrumbs

Thinly slice zucchini. Dredge with flour, then egg, then breadcrumbs. Fry in 2" of peanut oil in a skillet (or deep-fry) in small batches for about 1 minute or until golden brown. Serve with your favorite dipping sauce, like our **Thai Sweet & Hot!**

