



Hello Friends!

Food safety is in the news these days, and we're happy to say that our farm produces everything that we sell and has not been involved in any recalls. The best way to keep your family safe is to make sure you know where your food comes from and who is producing it!

September brings the beginning of the new school year, with crisp fall nights and beautiful sun-filled days. Summer crops like peppers are still flourishing, but the cooler temperatures will bring in the first of fall's vegetables by the end of the month. We will have lots of vegetables well into the fall, so watch for late crops such as winter squash, storage onions and pumpkins as well as the return of some cooler weather crops such as peas and spinach.

Fall is fast approaching, and now is a good time to contact us if you are interested in purchasing meat in bulk. We are able to offer whole and half hogs or quarter or half beef, cut wrapped and frozen. It's a great way to stock up to enjoy sustainably-raised, grass-fed meat to enjoy all winter long. See page three for information on pre-ordering your Thanksgiving turkey as well! This will also be the last month to get our fresh farm-raised chicken.

Gift baskets are available with a selection of our canned goods, vinegars and dried herbs. If you're looking for the perfect hostess gift or are already thinking about what to get your favorite locavore for an upcoming holiday, check them out! We have pre-made ones at the stand every Saturday, or let us know ahead of time which products you would like included in your basket and we can customize it.

Thanks to everyone who took the time to review our farm on LocalHarvest, and congratulations to Gail, Lyndsie, and Beth for winning \$10 gift certificates to the stand! It will be emailed to you shortly.

See you at the stand!

-Emily

Pleasant Valley Farm in Print

We know many of you keep up with our blog on Local Harvest. Emily really enjoys describing the joys and challenges of farming there. While we are used to seeing our story online, we found it a real treat to be included in a national publication recently.

If you read last month's newsletter, you saw our spotlight on Dexter cattle. We belong to the Purebred

Dexter Cattle Association and therefore receive their quarterly publication. As we flipped through the summer edition of the PDCA Journal, no one was more surprised than Emily to see her name on page 27!



It turns out the Muirs, who sold us our cow Finni, read the blog, loved the Dexter descriptions, and sent it in! If you're curious, you can read it here: www.localharvest.org/blog/27987/entry/waiting_for_wednesday and www.localharvest.org/blog/27987/entry/shes_here

SEPTEMBER HAPPENINGS:

- ◆ Stand is open every Saturday from 10:00-2:00
- ◆ Now taking reservations for Thanksgiving turkeys
- ◆ Beef, Chicken, Lamb & Pork available now
- ◆ Lots of fresh vegetables still available weekly, check our website for weekly updates!
- ◆ Redeem your Farmer's Market Nutrition Program Vouchers and "Kindergarten Ready, Set, Go!" punch cards here



PLEASANT VALLEY FARM

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Naturally Fermented Vinegar

Most commercial vinegar is made through a chemical process. Naturally fermented vinegar is made when a jelly-like substance, called mother of vinegar, converts alcohol into acid, turning wine, beer or hard cider into different flavors of vinegar. This process takes a few months to complete.

We currently offer three varieties of home fermented vinegar. The fermenting process requires only wine, water and a starter culture of mother of vinegar, and we add nothing else. Our white wine and red vinegars are made from real wine and sell for \$4.00/bottle. Our Champagne

vinegar is made from domestic sparkling wine and is \$5.00/bottle.

In the future, we do hope to add cider vinegar as well. To produce this we will need to press apples in our cider press, ferment the cider into alcoholic, or hard, cider, and then add the mother of vinegar. This is a process that takes some time to complete, so we do not expect to have it in stock until next year.

When you open your vinegar, don't be alarmed if you see a whitish goo in the vinegar. Although your vinegar is

strained before bottling, it is not pasteurized, and what you are seeing is the mother. She's non-toxic!

Please note these fantastic vinegars are sold for cooking and using as a dressing, but not for canning. They are not tested for acidity (other than by taste). Canning recipes specify a 5% acidity and home fermented vinegars may not provide that, which could lead to conditions which would allow bacteria to spoil the preserves.



Help us recycle— we offer a discount of \$.50 off your next farm stand purchase when you return an empty bottle.!

WE CURRENTLY
OFFER THREE
VARIETIES OF HOME
FERMENTED
VINEGARS— RED
WINE, WHITE
WINE, AND
CHAMPAGNE.

How We Know It Is Our Meat

While we hand-process our poultry here at the farm, our beef, pork and lamb must first go to a USDA-inspected facility for slaughter. There are a number of hurdles to keep small processors like ourselves from gaining that accreditation, plus we would need to invest in large walk-in refrigeration systems, so we are happy to have a family-owned processor to work with. Our animals are all sent to Hirsch's Meats of Kossuth, PA.

Pleasant Valley Farm has worked with Hirsch's for well over a decade now, so it has been surprising to Emily to get so many questions recently regarding how we know we are really getting the meat from our animals when we pick it up. We have heard multiple claims of purchasing a quantity

of meat from someone else, only to get quality that was less than expected. Some folks believe this happens when the processor doesn't return the same animal when the customer comes to pick it up.



We have never had any issues with this particular scenario. We know our animals, and yes, we really *can* tell by looking when we pick up the meat. For instance, a longer-bodied hog has more bacon & pork chops than a shorter one. If the two weigh the same, the shorter hog will have more

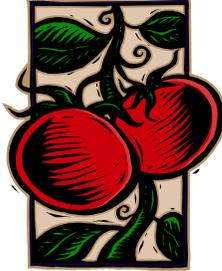
meat in the areas used for roasts, sausage and ham. Different breeds of cattle have different body shapes as well, which affects the ratio of steaks, roasts, and ground meat that can be cut. The quantity of fat and how it is distributed along the carcass can give an indication of the type of feed the animal ate and how much exercise it was given. Finally, we know the approximate weights of the animals we send, and there is a formula to estimate what the hanging weight at the processor will be (usually around 60% of live weight, depending on breed and species).

Because of this we can say, with confidence, that we really are selling what we raise!

New Products– Tomatoes

We try very hard to preserve all the excess garden produce, and the following are new additions resulting from Emily's efforts to make sure no tomato goes to waste!

Hot Pepper Salsa-made with an equal amount of hot peppers and tomatoes, this has a real spicy kick, perfect for those who want a truly hot salsa. Homegrown onions and cilantro and oregano from our herb garden are featured in this mix. \$4.00 per pint jar.



Sun Dried Tomatoes—these are naturally dried in warm air and contain no salt or flavorings,

just tomato taste. They can be used in a variety of gourmet recipes. We also like to add them to homemade pizza or cut them up and sprinkle in pasta salads. Use them anywhere you want a

strong tomato taste. They can also be rehydrated in our home-made vinegars or in water or olive oil. Our organic sun dried tomatoes come in a 1 oz vacuum sealed bag and are \$3.00 each.

Fiesta Salsa— is a flavorful mild salsa. Cucumber helps to tone down the hot peppers and lots of bell peppers and onion grown right here are added to give it a nice full flavor. It also contains cilantro and oregano along with a hint of lime. \$4.00 per pint jar.

Spotlight on: Dried Herbs



Herbs are a great way to enliven the flavor of your food without adding unwanted sugars or salt. All herbs here at Pleasant Valley Farm are grown organically in Emily's herb garden. While our herbs flourish over the summer, we offer them fresh at the farm stand. We also save some of the

bounty by drying the leaves, blossoms or seeds. They are picked fresh and dried over a period of days in warm air to preserve the aromatic oils that give flavor to your food. Emily carefully packages them in small jars that will add a touch of organic flavor to your kitchen's selection of spices.

We offer an increasing variety of dried herbs. Our current selection is:



- Dried Basil**- \$2.50
- Dried Chamomile**- \$2.50
- Dried Oregano**-\$2.50
- Whole Coriander**- \$2.00

Watch for new additions soon!

WE OFFER A LIMITED NUMBER OF HAND-PROCESSED TURKEYS IN THE FALL, SO WE STRONGLY RECOMMEND PREORDERING.

Reserve your Thanksgiving Turkey!

Fall is fast approaching, and that means we are now taking reservations for Thanksgiving turkey! Make your holiday feast a sustainable one with our pasture raised birds which are raised without hormones, antibiotics, or growth-enhancing chemicals. They are processed by hand, with care, right here at the farm. Because of this, we only offer a limited amount of birds each fall, so we strongly recommend preordering.



We will be offering our broad-breasted bronze turkey. This bird features the large portion of breast meat many families crave.

We will also be processing a select few of our Bourbon Red turkeys. This heirloom breed produces a smaller bird with a rich flavor. It has been included on Slow Food USA's Ark of Taste, a program designed to save endangered breeds of livestock and heirloom plants by promoting them by increasing their popularity as food items.

While we will have a very limited amount of Bourbon Reds this year, we are keeping some of our birds to start a breeding flock here at the farm. Next year, we hope offer more of these birds by hatching our own turkey poults.

Both varieties of turkey will be sold for \$2.25/lb. To reserve your Thanksgiving bird, let Emily know you are interested, either in person, via email or by phone. Please specify if you are interested in a heritage turkey and let us know the approximate weight you are looking for.

THIS MONTH'S RECIPES FEATURE ITEMS AVAILABLE NOW.

INGREDIENTS LISTED IN ITALICS ARE FOR SALE HERE AT THE FARM.

Grilled Potato, Onion & Bacon Sandwich

1 lb *new potatoes*, scrubbed
 4 tsp olive oil
 2 small *red onions*, sliced thick
 8 oz thick sliced *bacon*
 Thinly sliced *smoked sharp cheddar*
Arugula or *Swiss Chard*
 Mayonnaise
 8 slices thick-sliced bread, such as ciabatta

Light the grill (preferably charcoal). Fry bacon until crisp, then leave to drain and cool on paper towels.

Toss the potatoes with 2 tsp olive oil, then place on an oiled grate or on a small grilling basket. Grill 20-25 minutes, turning frequently, or until tender. Transfer to a bowl and crush lightly with a fork or potato masher.

Drizzle onion with remaining 2 tsp oil, then season with salt & pepper. Grill for 8-10 minutes, turning once, or until soft and browned. Grill the bread until slightly toasted.

Spread mayonnaise and greens on 4 slices of bread. Divide potatoes evenly, then top with cheese, grilled onion and bacon.

Herb-Rubbed Leg of Lamb

One *leg of lamb* (6-7 lbs)
 Lemon juice
 2 Tbsp fresh parsley
 1 Tbsp fresh *mint* or *basil* (or 1 tsp dried)
 1 Tbsp fresh rosemary (or 1/2 dried)
 1/2 tsp onion salt
 1/4 tsp black pepper
 1-2 cloves garlic, slivered
Mint jelly

Cut 1/2" wide slits in lamb. Drizzle lemon juice over surface and into slits. In a small bowl, combine the rest of the ingredients except garlic. Rub mixture over the leg and insert garlic into slits.

Place fat side up on a rack in a shallow roasting pan. Roast, uncovered in a 325 degree oven. For medium rare, roast 1 3/4-2 1/4 hours or until a meat thermometer reaches 140. Cover with foil and let stand 15 minutes. The standing temperature should reach 145. (For medium, roast 2 1/4-2 3/4 hours or until thermometer reads 155/160 after standing)

Serve with Mint Jelly.

For a smaller meal, ask about our half leg of lamb (3-4 lbs).



Roasted Beets and Wilted Greens

1 bunch *beets with greens*
 1/4 cup olive oil, divided
 2 cloves garlic, minced
 2 Tbsp *onion*
Red wine vinegar

Preheat oven to 350. Wash beets and remove the greens. Place beets in a small baking dish and toss with half of the olive oil. Cover and bake for 45-60 minutes or until a knife will easily pass through the largest one.

Just before the beets are done, wash and remove any large stems from the greens. Tear into bite sized pieces. Heat the olive oil in a skillet and add garlic & onion, stir frying until tender. Add greens and cook until wilted and tender. Season with salt and pepper.

Remove the beets and slice (peel if desired first). Serve alongside the greens and top with red wine vinegar.

If you've got a great recipe for farm-fresh food you'd like to share, let us know! We'll be happy to include it in an upcoming edition!

