

Updates from

# PLEASANT VALLEY FARM



JUNE, 2012

VOLUME 4, ISSUE 4

## *Hello Friends!*

Our farm stand season is officially in full swing! The garden and greenhouse are growing by leaps and bounds. We're excited to be offering many veggies earlier than ever before. If you're wondering what will be available each week, just check out the website. Our "Now on Sale" page lists what is available, along with prices, and Emily updates it each week. We also have a nice variety of meats in stock now, a full list complete with prices can be found online as well.

We are very excited to have been featured in a local magazine! Edible Allegheny, a great publication about food, farms and seasonal eating in Western Pennsylvania, chose to feature Emily's blog in the "Online Dish" section. We were flattered by the write-up, and proud to see a photo of Emily, Dixie and Dolly in print!

We're also excited to be partnering with Happy Mug coffee of Tidioute, PA. Check out the article on page 2 for more details. We have even moved our hand-powered stone grinder to the stand for those interested in grinding whole bean coffee here. It's free to use with the purchase of your coffee! Ground coffee is also available. We'll also be featuring free samples of this delicious coffee, so stop by and try some, along with tastes of raw milk cheese and some of Emily's delicious jams and mustards.

**See you at the stand!**

*-Emily*

## **JUNE HAPPENINGS:**

- ◆ Open for the season!  
Visit us every Saturday  
from 10 AM-2 PM
- ◆ Bedding plants on sale!  
Take \$1.00 off any plant.
- ◆ Check us out in the June/  
July edition of *Edible  
Allegheny* Magazine in the  
Online Dish section...it  
features Emily's blog!
- ◆ Beef, pork and chicken  
now available
- ◆ New veggies coming into  
season weekly

## *Butcher's Corner*

June is here, and beef is in! Our beef is 100% grass fed and finished, eating grass whenever possible and hay, made right here on the farm, over the winter months. This time, we're even offering our first heritage breed Dexter beef. Right now we have a full selection of steaks (Round, T-bone, Sirloin, Ribeye), roasts (Chuck, R.B., English, Tip and Rolled Rump), stew beef and soup bones. Beef is sold by the pound, frozen only. Ground beef will be \$4/lb this year, steaks start at \$5.50, roasts start at \$3.75, Stew beef is \$3.50/lb and soup bones are \$5 each. A complete price list can be found on our website.

We will have fresh chicken the first few weeks of June, with more to come as July nears. Frozen chicken may be available in the weeks between, depending on demand. We sold out of chicken almost weekly last year, so we recommend ordering ahead of time to make sure you don't get disappointed. Chicken is sold as a whole bird only, \$2.50/lb. Our birds average 4-6 lbs each.

We start June out with fresh pork as well, with more fresh to come a few weeks later. We'll have frozen pork in the meantime. Our naturally raised pork comes by the pound.

We offer bone-in pork chops (\$4.25/lb), ribs (\$3/lb), loin end and Boston butt roasts (\$3.75/lb), bacon (\$5.50/lb), ham (\$4./lb), ham steaks (\$5/lb), ham hocks(\$5 ea) and our ever popular home-made sausage. We will again be offering four delicious flavors: our best-selling breakfast sausage, a loose sausage flavored with brown sugar, sage, another loose sausage perfect for using in recipes or breakfast patties, and both hot and mild Italian sausages. Our Italian sausages come rope-style in all natural casing. Sausage is \$3.50/lb.



## **PLEASANT VALLEY FARM**

Dan & Emily Stevenson

4792 Sage Road  
Tionesta, PA 16353

(814)755-3911

[pleasantvalleyfarmpa@yahoo.com](mailto:pleasantvalleyfarmpa@yahoo.com)

[www.pleasantvalleyfarm.weebly.com](http://www.pleasantvalleyfarm.weebly.com)  
[www.localharvest.org/blog/27987](http://www.localharvest.org/blog/27987)

## *Herb Spotlight: Chives*



IF YOU LOVE THE  
 FRESHNESS OF  
 WHOLE BEAN  
 COFFEE, BUT  
 DON'T HAVE A  
 GRINDER, WE CAN  
 HELP.

Herbs are a tasty way to add flavor to your meal without adding fat, salt or sugar. This issue, we're featuring chives. These tasty plants have been around a long time...they were recorded in China 4,000 years ago!

Chives are a member of the allium family, the plant family that includes onions and garlic. Chives are easy to grow! Just pick a sunny or partly sunny location. They will spread, so give them plenty of room. They have attractive purple flowers that bloom in late May and early June. Not only are these flowers

beautiful, they are also edible and make a beautiful garnish!

The long, hollow leaf of the chive is what is most commonly eaten, though. Chives are easy to add to any dish. We like to take a few leaves and simply cut them into small pieces with kitchen shears. Chives add a burst of mildly onion-like flavor to any dish. Some great uses for chives are: topping potatoes, especially combined with sour cream; adding to scrambled eggs or omelets; or add to salads (green, potato, or egg salads are all good choices!).

Chives contain iron and vitamins, and are also a mild antibiotic!

They are also said to stimulate appetite, promote digestion, and can be used as a mild laxative.

When planted near other plants or vegetables, chives act as a deterrent for aphids, apple scab and mildew.

Chives are available now at the farm! Bunches of fresh-cut chives or chive blossoms are just \$2.00. If you'd like to try growing this easy herb yourself, we also have a few plants still available.

## *Be Happy, Drink Coffee*

We are very excited to have partnered with Happy Mug Coffee of Tidioute, which means we're offering coffee this year! Matt Shay began roasting his own coffee as a hobby, and opened Happy Mug two years ago. "Coffee is the most chemically treated food crop in the world," he says. "Drinking most coffee is like spraying bug spray in your mouth while supporting a sweatshop."

Happy Mug's line of coffees are a great alternative to that. Although not all of the farms are certified organic (many don't want the hassle or can't afford the cost), all of the farms are pesticide-free and use organic methods. The coffee is also socially responsible. Some of it is Fair Trade, but much of it is purchased directly from the farm, which means 100% of the profits are going to the growers. (Fair Trade certification is only possible when purchasing through

a co-op). Matt knows the stories behind all of his beans—whether it is a farm using profits to build health clinics and schools for its employees, or a co-op giving fair prices to war widows and orphans trying to make a living.

Coffee is best tasting, and best for you, when fresh. Studies show fresh coffee can help fight scary diseases like Alzheimer's, cancer, and heart disease, but the benefits are most pronounced when it is fresh and full of antioxidants. National brand coffees are 3-6 months old by the time you take them home from the store, but Happy Mug roasts fresh coffee for our orders, often within 24 hours of the time it is scheduled to be picked up. In fact, on Emily's first trip to Happy Mug, Matt was kind enough to wait until she got there to roast the last batch so she could see the process. It just doesn't get any fresher than that!

We're excited to be offering a selections of roasts (Bear Blend, Artist Mug Blend, and Vagabond) in 1-lb packages. You can choose from ground or whole bean. Either way, it's just \$10/lb. If you love the freshness of whole bean, but don't have a grinder (or no grinder at camp), we can help. We've set up our hand-cranked stone mill at the farm stand, and using it is free when you buy a bag of whole bean coffee. Grind just enough for a pot when you get home, or the whole bag, it's up to you!

We are also offering an assortment of flavored coffees in wonderful flavors like Caramel Espresso, Hazelnut, Black Cherry, Jamaican Paradise, and more. While commercial coffees often use propylene glycol as the medium to flavor the coffee, Happy Mug uses flavorings that are distributed through rice hulls, a much more natural approach. All flavored coffees are sold in 1/2 lb packages for just \$5.50.

## IDEAS FOR A LOCAL MEAL

Do you like the idea of eating local and seasonally, but just don't know where to begin? It can be a bit overwhelming to look at the offerings at a farm or farmer's market and see not just raw produce and meats, but a full menu. So here is a cheat sheet...impress your friends, family or even yourself by creating a nearly 100% local menu! Anything listed in italics can be found here at the stand!

### Tossed Salad

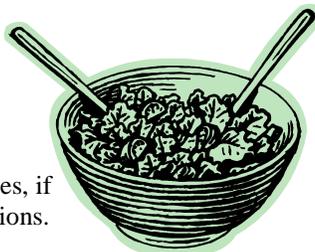
*PVF Salad Mix*  
*Spring Onions*

Tear Salad Mix into bite-sized pieces, if necessary. Chop & add spring onions.

Add any other tasty-looking veggies...*snap peas, peppers*, even canned *pepper rings* if it fits your style. Extra *herbs* (bought for the herb sauce) chopped and mixed in, are great too!

### Home Made Dressing

Top with a light dressing– try any of our vinegars, like *Red Wine* or *Blueberry-Basil*, mixed 50/50 with some good quality olive oil.



### Cheesy Herb Pasta

*Homemade Egg Noodles* or *Whole Wheat Egg Noodles*  
*Havarti Raw Milk Cheese*  
*Garlic Scapes*  
*Herbs– Chives, Oregano, and/or Basil*  
*Sun Dried Tomatoes*

Boil water and add noodles, cooking for the amount of time on the package card. Drain and keep warm, reserving some of the cooking liquid..

Make a cheese sauce by melting Havarti cheese in a double boiler (or pan set over another pan of boiling water. Thin to desired consistency with the reserved noodle water. Chop and add the herbs of your choice, chopped garlic scapes and chopped sun-dried tomatoes.

For an even heartier meal:

For Carnivores– cut up some *Mild Italian Sausage* into bite sized pieced, brown and add. *Ground beef* works too, if you don't do pork.

For Veggie Lovers–shred some *spinach* or *Swiss chard* and add to the sauce.

### Rhubarb Dessert Sauce

4 cups chopped *Rhubarb*  
1 cup sugar

Combine in a saucepan and simmer until thick, making sure to stir so it doesn't scorch.

Make an easy dessert by using the sauce to top slices of fresh pound cake. To make it decadent, top with whipped cream or ice cream!

