

Updates from

# PLEASANT VALLEY FARM



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## *Hello Friends!*

Fall is officially here, and as the seasons change, so do our offerings here at Pleasant Valley. The sweet corn and cucumbers of summer are gone, but fall brings exciting flavors back to the table. We will have a wide variety of winter squash, including acorn, spaghetti, buttercup, butternut. New this year, Boston Marrow, is a large, great tasting heirloom variety. We've also got cabbage, onions, potatoes and beets, plus other fresh produce that varies by the week. (Check online for weekly availability.) In the meat department, ham and bacon have returned, as has lamb, and you can read about them in the Butcher's Corner on page 2. We're also excited to partner with a local orchard, Ross Run Ranch of Whig Hill, to bring apples to the stand! Also, if you love to decorate this season, don't forget to stop by...we'll be offering fall favorites like corn shocks, assorted gourds and Indian corn.

If fall weather has you getting ready for some football, whether high school, college or pro, don't forget to stop by the stand when you're making a list for tailgating treats. Our Italian sausages, lamb kielbasa and ground meat are perfect for grilling. We also have a wide selection of condiments, from homemade mustards to pickles to pepper rings.

The variety of canned products continues to expand. Last month alone brought the additions of Apple Pie in a Jar, Hot Pepper Mustard, and Slow Cooked Plum Preserves, our first-ever preserve with no added pectin as well as sun dried tomatoes, which are vacuum packed with no oil, salt or preservatives. We'll have more additions as the season goes along, so stop by, you never know what you'll find on your next visit!



See you at the stand!

*-Emily*

## *Turkey Time*

It's hard to believe, but Thanksgiving will be here in less than two months! With that in mind, it's time to start planning the menu, especially if you'll be incorporating local flavors into your family gathering.

This year, we will once again be offering turkeys for sale for your Thanksgiving meal. Our turkeys, like all our meat animals, are fed diets free of hormones, antibiotics or growth enhancing chemicals. They are

raised on pasture, with access to sunshine and a natural diet. Also, for the first year ever, these will all be turkeys hatched here on the farm, as we have converted to a heritage-turkey-only operation. Bourbon Red turkeys are known for being exceptionally delicious, even compared to farm-raised Broad Breasted birds like we formerly raised. Because of this, we will no longer have the large, 20+ lb birds. If you

order your turkey from us, you should expect a 12-15 lb bird with a fairly even distribution of white & dark meat.

**We are now accepting reservations for Thanksgiving turkeys.** Sign up sheets will be available at the farm stand. Pick up dates will be the Saturday prior to Thanksgiving and a day during the holiday week, likely Tuesday, with time TBA.

## OCTOBER 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.
- ◆ New canned goods appearing...watch for Apple Butter soon!
- ◆ Now taking orders for Thanksgiving turkeys. Quantities are limited.



## PLEASANT VALLEY FARM

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## *Jellies & Jams– Not Just for Toast Anymore!*

WHILE THERE ARE  
 NO WRONG WAYS  
 TO USE OUR  
 DELICIOUS  
 SPREADS, HERE  
 ARE A FEW FUN  
 IDEAS.

We offer a great assortment of lots of canned goods, including jams, jellies, preserves and conserves. One of the questions we often get is what the differences between these terms are. **Jellies** are made from juice or puree, while **jams** and **preserves** both contain pieces of actual fruit. A **conserve** is a preserve that also contains nuts or raisins. (Our Cranberry-Peach Conserve has almonds.)

The next most popular question we get is “How do you use this?” While there is no wrong way to use any of these products, here are some ideas. Some have been tested and approved here at the Stevenson household, while others have been generously shared by our customers. *Bon Appetit!*

**Mint Jelly** is traditionally used as a condiment to accent lamb.

**Carrot Cake Jam**, our most popular spread, is a delicious topping for gingerbread.

Want to dress up plain old vanilla ice cream, or add a decadent touch to a snack of plain yogurt? Try a spoonful of the chocolate-cherry flavor of our **Black Forest Preserves**, or the rich fruitiness of our **Slow-Cooked Plum Preserves**.

Replicate Pie a la mode with warmed **Apple Pie in a Jar** as an ice cream topping, or use it for wonderful mini tarts!

Our preserves and jams are a deliciously different way to dress up angel food or pound cake.

Try using **Cranberry-Peach Conserve** as a topping for cheesecake when strawberries aren’t in season!

**Orange-Rhubarb Jam** gives a sunny taste of late spring to crumpets or as a layer cake filling, perfect for brightening up chilly winter days.

**Hot Pepper Jelly** is often eaten on crackers with cream cheese.

Making cookies for the holidays? Any of our sweet offerings make thumbprint cookies a gourmet treat, or spread between cake layers or cookie sandwiches.

Of course, don’t be afraid to use our jams and preserves in place of your usual jellies.

They will liven up a peanut butter sandwich, or bring a gourmet touch to your morning toast!



## *Butcher’s Corner– Lamb is in!*

October is here, and so is lamb! We’re happy to be offering tender, 100% pasture raised lamb, born and raised right here on the farm. This year we will be offering the following cuts:

**Ground Lamb**– a must for many Greek and Middle Eastern dishes, \$4.50/lb.

**Lamb Chops**– tiny & tender, \$7.50/lb.

**Leg of Lamb**– this bone in roast makes an elegant family or holiday meal, \$5.00/lb.

**Lamb Kielbasa**– we’ve brought back this popular offering, a smoked, hot lamb sausage in natural casing, \$4.50/lb.



**Chicken will be offered again in the middle of the month.**

We sell out every week they are offered. If you’re interested in getting your hands on one, pre-ordering is highly recommended. If you’re looking to stock your freezer for the winter, pre-ordering is required as availability is fairly limited at this point. We will be processing our final batch of broiler birds in late October/early November. Watch the website for exact dates, or place your order with Emily and she’ll notify you when your bird can be picked up. Chickens are offered as a whole bird only, selling for \$2.25/lb and averaging around 4-6 lbs each.

While we’ve had our awesome varieties of sausage all summer long, fall has brought additional cuts of pork. **Bone-in pork chops** are \$4.00/lb and come in 2 or 4 packs. **Bone-in hams** are available for \$4/lb, most are around 6 lb. **Ham Steaks** are also available for those who are interested in smaller amounts (1-2 lb) of our delicious ham. **Bacon** is \$5.00/lb. We also offer a selection of roasts. **Loin End** roasts are great for family dinners and are \$4.00/lb. If you’re looking to make pulled pork, or pork and sauerkraut, our **Bone-in Shoulder or Boston Butt** roasts are a great choice at \$3.75/lb. We also offer **Boneless Shoulder Roasts** for \$4.00/lb.

*Enjoy some fun cooking with these fall recipes!*

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

### Roasted Pumpkin Seeds

After hollowing out a *pumpkin*, either for eating or carving, set the seeds aside in a bowl.  
(Seeds from ANY pumpkin are edible and nutritious!)

- Preheat oven to 300\*.
- Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, and shake dry.  
(Don't use paper towels as the seeds will stick.)
- Spread the seed in a single layer on an oiled baking sheet and roast 30 minutes to dry.
- Toss the seeds with olive oil, salt, and your favorite seasonings. Return them to a single layer on a sheet, then bake for another 20 minutes, or until crisp & golden.



#### Seasoning Ideas:

**BBQ**– toss with brown sugar, chili powder and ground cumin.

**Italian**– toss with grated parmesan & dried oregano.

**Sweet**–toss with cinnamon & sugar, omitting the salt in the directions above.

### Butternut Squash Fries

Like sweet potato fries? You'll love these!



2 pounds *butternut squash*, halved & seeded  
Salt to taste

Preheat oven to 425.

Using a sharp knife, or vegetable peeler to carefully peel the squash. Cut the squash into French-fry like sticks. Arrange pieces onto a baking sheet in a single layer and sprinkle with salt. Bake for 20 minutes, turning once halfway through. Fries are done when they begin to brown around the edges and become crispy.

#### To Serve:

**Honey** is the traditional dipping sauce for sweet potato fries, and will work well with squash fries as well. More adventurous taste buds can find other fun flavors at the stand– try *Thai Hot & Sweet Dipping Sauce*, or one of our *gourmet mustards*!