

Updates from

PLEASANT VALLEY FARM



JUNE/JULY, 2013

VOLUME 5, ISSUE 4

Hello Friends!

We hope your summer is off to a great start! We've got lots of exciting things going on at the farm this time of year. Our garden is looking great, and we've already been picking cucumbers and zucchini and digging new potatoes! We'll have the first few peppers from the greenhouse this Saturday, and tomatoes won't be far behind! Soon after we expect to be seeing things like beets, peas & beans. Check the Now on Sale page of our website for weekly updates & current prices! And as the garden gets rolling, your favorite canned goods will be coming back into season as well. Emily is excited to get into the swing of canning season once again, so look for things like Emily's Own Dill Pickles, Pickled Beets, Bread & Butter Pickles and Dilly Beans to return this coming month.

We now carry a wonderful Smoked Jalapeno raw milk cheese from Whispering Brook Cheese Haus. It's smoky cheddar with a kick! We are also now carrying the wonderful salad dressings made & served at the Hummingbird Café in Tidioute, PA! We will be offering samples so you can give them a try. Current varieties include French, Ranch & Honey-Poppy. We've also restocked our supply of Happy Mug coffee, so look for a full selection of flavors & roasts, and we now offer a decaf roast as well.

Dan has built a sturdy 6' picnic table of treated lumber and has it for sale here at the stand. Feel free to have a seat & try it out when you stop! Local delivery may be available. It's the ultimate picnic supply, and you can get it here! Also the selection of jewelry, glass items, hand forged items is always changing, so be sure to browse around when you stop by!

See you at the stand!

-Emily

Haymaking 2013

One of our most important tasks each year is to make sure we have enough hay to keep our animals well fed through the winter. We've recently completed our first cutting of the hay fields, and are happy to have hay filling the barn again!

As with all our field work, we do it with the help of our team of Belgian mares.

There are multiple steps to making hay—cutting it, raking it to dry, loading it on the wagon, and finally, unloading it in the barn. We put it in loose, meaning it is not in bales, and we have an antique piece of machinery to help us with each step.

To check it out for yourself, be sure to stop by the website

Our hay making page can be found at: pleasantvalleyfarm.weebly.com/hay-making.html.

The site not only offers lots of cool photos of the horses and antique machinery, but also videos of them in action! It's the next best thing to seeing it live (and without all the itchy hay chaff!)

SUMMER HAPPENINGS:

- ◆ **2013 HOURS:**
Saturdays 10 – 4
Tuesdays 12—6
- ◆ **Accepting donations of books to start our Little Free Library!**
- ◆ **New veggies available weekly-check our website to see what's in season!**
- ◆ **Lots of fun new items!**



PLEASANT VALLEY FARM

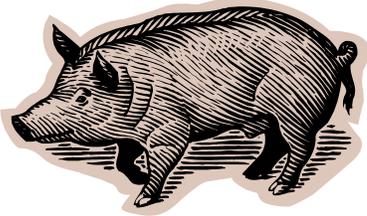
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WE'RE EXCITED TO
GET SOME SHELVES
FILLED AND
WELCOME THE
DONATION OF ANY
& ALL BOOKS AND
MAGAZINES AT THIS
TIME!

Lard. The very word has long been synonymous with unhealthy eating. But that is starting to change!

Lard is, simply, rendered pig fat. Unlike shortening, it's minimally processed and contains no trans fats. Lard is actually primarily mono-unsaturated fat, one of the so-called "good" kinds. Even the saturated fats present in lard have been shown to have a neutral effect on blood cholesterol! (Beware grocery-store lard, however: most has been

Lard is Good

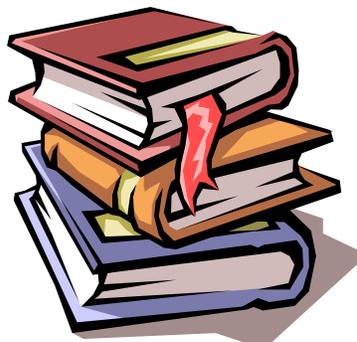
hydrogenated to make it last on the room temperature shelves!)

Lard is valuable stuff for cooking as well. It has a higher smoking point than other frying oils, meaning your food will absorb less grease. Lard was grandma's secret ingredient for flaky, melt-in-your-mouth pie crusts. This versatile ingredient can be used in all kinds of recipes— pastries, cookies, even homemade flour tortillas!

The best lard comes from "leaf" fat, which comes from the back, around the kidney area. This is what we use to render lard here at the farm. We're excited to add this to our list of pork products we offer. It's another way to make use of as much of each animal as possible! And adding a cooking & baking staple like lard allows our customers to eat even more locally! Look for it in our self-serve fridge at the farm stand!

Little Free Farm Library

Have you ever heard of a Little Free Library? It is a wonderful program where books are available to the public at no cost. These libraries maintain their selection of books since folks who take a book are encouraged to leave a book (or books). A steward makes sure there is a nice selection at all times & is responsible for the care & maintenance of the shelves.



We know one of the most challenging thing about buying food from a farm stand is that you need to figure out how to cook it once you get home! For some, it's challenging because they have learned to cook pre-pagaged meals, not ones from scratch. Other just need some inspiration to get out of a cooking rut, or ideas on how to use a new ingredient. Cookbooks are a great solution to any of those problems!

We also love to hear about our customers' adventures in other aspects of self sufficiency— from raising chickens to making maple syrup! There are tons of great books on cooking, gardening and homesteading, and we'd love to include all

kinds of topics. Besides books, we would be happy to take in old magazines as well! We are also of the opinion that older doesn't mean outdated...even old books can have lots of great projects, recipes, ideas and advice, and we're willing to bet that any book can be of great value to someone. So, if you have some books collecting dust and would care to donate, we'd love to have you join our project.

We're excited to get some shelves filled and welcome the donation of any & all books and magazines at this time!

We are hoping that we have interest from our farm friends & local community to get this project underway!

SUMMER RECIPES

HERE ARE SOME FUN RECIPES FEATURING THE FLAVORS OF SUMMER. ITEMS IN BOLD ARE AVAILABLE HERE AT THE FARM!

Deep Fried Zucchini Bites

- 1 medium **zucchini** or **summer squash**
- 1/2 cup flour
- 1 large **egg**
- 1 cup Italian bread crumbs

Lard (or oil of your choice) for deep frying



Cut squash crosswise, into circles about 1/4" thick. A mandoline slicer works well for this. Put lard into a cast iron pan and heat until oil reaches 350 degrees.

In the meantime, batter zucchini slices; dredge in flour, then in beaten egg thinned with a little water, lastly in bread crumbs. When oil is heated, drop in breaded zucchini (there should be a single layer floating in the oil). You will need to fry in batches. Turn once during frying. Remove to a paper-towel lined plate when bites are browned & crispy.

Serve with fun dipping sauces ~ we like **Ginger-Garlic**, **Hot Pepper** or **Honey mustards**, **Pineapple-Jalapeno Jam** or Hummingbird Café's **Ranch Dressing**!

Grilled Beer & Garlic Butter Potatoes

- 1 quart **new potatoes**, halved
- 1 bunch **spring onions**, chopped (Green & white parts)
- 2 **garlic scapes**, chopped
- 2 tbsp unsalted butter
- 1/4 tsp salt
- 8 oz lager beer

Preheat grill to medium high. Stack 2 large sheets of heavy-duty foil; spread potatoes, onion & scapes in center. Fold up the sides to form a bowl shape. Dot with the butter. Pour in about 2/3 of a bottle of beer. (Reserve the rest to enjoy while it is cooking!) Lay another large sheet of foil on top and crimp the edges to seal.

Set foil packet on the grill. Cover & cook until potatoes are fork-tender, about 20 ~ 25 minutes.

Grilled Pork Chops with Swiss Chard Salad

- 4 **bone-in pork chops**
- 1 oz hazelnuts
- 2 bunches **Swiss Chard**, stemmed & shredded
- 3 Tbsp olive oil
- 1 Tbsp **dried herb vinegar**
- 1 tsp lemon zest
- 1 1/2 tsp lemon juice
- Salt & pepper

Season the chops with salt & pepper. Preheat a small skillet (preferably cast iron) over medium-high heat. Toast hazelnuts, stirring frequently, until skins loosen, ~ 5 minutes. Transfer nuts to a dry kitchen towel & rub to remove skins. Discard skins, coarsely chop nuts.

Preheat the grill to medium-high heat. Wisk together oil, vinegar, lemon zest & juice, and season with salt & pepper. Drizzle 4 tsp onto the chops, rubbing to coat. Oil the grill grate and grill chops until grill marks appear (~ 3 minutes), flip and grill to desired doneness.

