

Updates from

PLEASANT VALLEY FARM



MAY, 2014

VOLUME 6, ISSUE 1

Hello Friends!

We're excited to be open for the 2014 farm stand season! A huge thanks to everyone who made our opening week a great success, and we look forward to seeing our farm friends throughout the summer & fall. As always, there is lots going on here!

The spring was cool and wet, putting planting a bit behind schedule, but we're catching up quickly! More produce will be coming into season each week. We're also currently offering grass-fed, heritage breed Dexter beef and our famous homemade sausages & pork cuts. Chicken will be available in June—preordering is recommended as we sell out quickly! Freshly roasted Happy Mug coffee is in stock (check out page 2 for more info) and we'll be traveling to Chambersburg soon to pick up raw milk cheese. We'll update the website when it's back in stock.

In addition to all the great food we offer, don't forget about our handmade offerings! Emily makes jewelry, much of it using gorgeous images recycled from seed catalogs and scraps of stained glass. A new item she has for sale are hummingbird feeders made from bottles! Dan also continues to expand his hand-forged offerings made in the blacksmith shop. Some items are on display right at the farm stand, and we also have a catalog you can peruse while you're here. You can also talk to us about custom work!

The "Now on Sale" page is back up and running, so you can check us out online to see what's in season each week. You can also follow us on Facebook to see lots of photos of farm happenings and get the latest updates!

See you at the stand!

-Emily

New Greenhouse Space!

We were thrilled to be able to add another greenhouse to the farm early this spring. The new growing space is 72' x 16', which more than doubled our

greenhouse production space. The frame is wooden, and we were very excited to build with nearly 100% recycled lumber. (In a past life, our greenhouse was someone's deck!)

We plant our vegetables directly in the soil in our greenhouse. It's great for tomatoes and peppers, and we're also able to get a jump on

other veggies like beans & potatoes as well! The protected space means crops sensitive to late frosts can be planted earlier, meaning more delicious produce, like tomatoes, for a longer part of the farm stand season. Being in good organic soil means real tomato taste, too!



MAY HAPPENINGS:

◆ **2014 HOURS!**

Saturdays 10 – 4

Tuesdays 12—6

◆ **Beef & pork available starting May 24, chicken to follow in June**

◆ **We will be carrying Happy Mug coffees & teas again this year!**

◆ **Live chicks & guinea keets available!**

◆ **Lots of fun new items!**



PLEASANT VALLEY FARM

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Spotlight on Guinea Fowl

Last year, we added guinea fowl to our farm flock. We're excited to announce we've been successful in hatching our first-ever keets (baby guineas) this hatching season!

Guineas are interesting little birds. They are known as the "watchdogs of the barnyard" because they will call whenever they hear a noise.

They are also well-known for foraging throughout their pen or your yard, searching for insects and

other goodies. They love ticks, and the more they eat, the less likely you are to find them on you or your pets!

As with our other feathered friends, you can see them when you visit the farm stand. And like the other birds, they love it when you visit...especially if you have a cup of food when you're checking them out! And for

those looking to add guineas to the family flock, we have a limited number of keets available as unsexed, just hatched chicks, \$5 each.



WE WERE VERY
 EXCITED TO HATCH
 OUR FIRST-EVER
 GUINEA KEETS THIS
 SPRING !

Happy Mug Coffee & Tea

We're excited to be teaming up with Happy Mug Coffee this year to bring you freshly roasted coffee, organically grown & fairly sourced. We'll begin the year with the following varieties in stock:

Regular Coffees— 1 lb, whole bean or ground, \$10

Inspirational Artist's Mug Blend— is rich Indonesian coffee and sweet African coffee to bring you a satisfying smooth coffee with a sweet medium roasted taste.

Breakfast Blend—For those who enjoy a normal coffee, this one will make you happy; but it's a step fancier than plain Colombia. The base is still Colombia, but the rich Sumatra and Guate-

mala give it greater dimension and flavor.

French Roast—A proprietary blend of certified organic Central American, Indonesian, and African beans.

Add cream to create a sweet, strong coffee as smooth as velvet.

Premium Coffee, 1 lb whole bean or ground, \$11

Costa Rica Honey Process— a microlot coffee from the Marco Chacone Farm. We have more details about the farm and the coffee at the stand!

Flavored Coffees come in 1/2 lb packages (\$5.50 ea). The flavorings are all natural and contain no nasty sol-

vents or harsh chemicals. We'll be offering the following flavors: California Gold Rush (pineapple, vanilla, nuts & cinnamon), Caramel Latte, Coconut Rum, Cinnamon Hazelnut, Mexican Chocolate (cinnamon & chocolate), Jamaican Paradise (Kahlua, caramel & vanilla), Caramel, Starry Night (star anise)

We will also be offering a delicious selection of teas. All are sold loose leaf, in 1 oz resealable packages, all just \$2 each. For those that don't have a tea ball, we have disposable tea sacks (\$.10 ea or 12/\$1). We'll be carrying: Hearty Breakfast (black, Sumatra), Gunpowder green, Tropical Pineapple (green), Berry Basket (herbal) and Fresh Peach (Black).



CORNMEAL RECIPES!

Never-Fail Cornbread

1 cup all-purpose flour
 3/4 cup cornmeal
 2-3 Tbsp sugar
 2 1/2 tsp baking powder
 3/4 tsp salt
 1 Tbsp butter
 2 eggs, beaten
 1 cup milk
 1/4 cup melted lard, cooking oil, or melted butter

Preheat oven to 400. Stir flour, cornmeal, sugar, baking powder & salt together in medium bowl.

Add 1 Tbsp butter to 10" cast iron skillet or 9 x 1 1/2" round baking pan. Place in oven about 3 min or until butter melts. Remove skillet from oven; swirl butter to coat sides & bottom of pan.

Combine eggs, milk, and lard/oil/butter. Add this to flour mixture. Stir just until moist. Pour into hot skillet. Bake 15-20 min or until toothpick inserted in center comes out clean. Cut into wedges. Serve warm.

Topping ideas– try it with apple butter for a sweet treat, or spice it up with pineapple-habanero jam!



Why our Cornmeal?

Our cornmeal is made from organically grown, Non-GMO dent corn grown here at the farm last year. Our 5 acre crop was picked by hand by Dan & Emily plus family and friends. We grind it right here at the farm. 100% cornmeal, it's also gluten free. Packaged in 1.5 lb bags, we offer it for \$4.50/bag. Bulk quantities may be available...contact us and let us know how much you're looking for!

Cheese & Basil Polenta

6 oz shredded Havarti or mozzarella cheese (1 1/2 cups)
 1/3 cup grated parmesan or Romano cheese
 2 Tbsp snipped fresh basil
 (or 2 tsp dried & crushed)
 1 cup yellow cornmeal
 1/2 tsp salt

Stir together cheeses & basil in a medium bowl; set aside. Grease a 2 qt baking dish.

Bring 2 3/4 cups water to a boil. In a bowl, stir together cornmeal, 1 cup cold water, & salt. Slowly add cornmeal mixture to water, stirring constantly. Stir and cook until mixture comes to a boil. Reduce heat to low & cook for 10-15 min or until thick, stirring occasionally.

Pour 1/3 of hot cornmeal mix into greased dish. Sprinkle with 1/2 of cheese mix. Repeat layers, ending with cornmeal. Cool for 1 hour. Cover with foil and chill 3 hrs (or overnight) until firm.

Bake uncovered in a 350 degree oven for 40 min or until light brown & heated through. Let stand 10 min before serving. Top with Tomato-Basil sauce or the topping of your choice.

Tomato-Basil Sauce

In a medium saucepan, cook 3/4 c chopped onion & 2 cloves minced garlic in 2 Tbsp butter until soft. Stir in 3 cups chopped tomatoes, 1/4 tsp salt & 1/8 tsp pepper. Bring to a boil and simmer, uncovered, about 20 minutes. Stir in 1/4 cup snipped fresh basil (or 1 Tbsp dried). Cook 5 min more.