

Wise Acre Farm

FRESH MARKET FARM PRODUCTS

phone: 530.383.4625 • email: mary@wiseacrefarm.com
website: wiseacrefarm.com

Week of June 29, 2009

Please save the bags and glass jars that come with your deliveries and each week I will pick them up from the previous week and reuse them.

This week on the farm:

We are finally getting some real summer heat and the veggies are loving it. The tomatoes are starting to ripen and the okra is starting to produce. Other crops that will be ready soon are the eggplant and the melons. I am continuing to weed and mulch and aside from a few gopher problems, the field is looking good.

What's in your bag (some or all of the following):

Zucchini: Tigress & Fordhook (green) and Slik Pic (yellow), cucumbers (Marketmore & Genuine), lemon cucumbers, golden wax beans, onions, okra, cherry tomatoes, lemons, fresh Rosemary, and a bouquet of fresh flowers.

Recipes:

Filled Cucumber Appetizers

Green Bean Salad

Filled Cucumber Appetizers

Ingredients:

medium cucumber(s)
cream cheese, softened
fresh dill, snipped

Skin cucumber and slice into 1/2" slices. Scoop the seeds out of the middle. Combine cream cheese and dill, and fill a pastry bag with it. Spiral the cream cheese in the center of the cucumber slices and serve as appetizers.



Green Bean Salad

Serves 4

Cut the ends off of one pound of green beans and then cut them into 2 inch lengths. Drop them into boiling water and cook them uncovered for 10-15 minutes. Drain the beans and then plunge into ice water to stop the cooking.

While the green beans are cooking combine:

3 tablespoons of red wine vinegar
3 tablespoons of light olive oil
1/2 cup low sodium chicken stock
2 teaspoons salt/black pepper to taste

Whisk the above ingredients together then add:

1 teaspoon finely chopped fresh dill
1 teaspoon finely chopped flat leaf parsley
1/4 teaspoon dry summer savory.

Spread the green beans out on a paper towel to thoroughly dry. Place the green beans in a bowl, pour dressing over them, toss and enjoy!



Happy 4th of July!

Visit Wise Acre Farm on Local Harvest:
<http://www.localharvest.org/farms/M5587>

Newsletters and recipes are always available on my
website: www.wiseacrefarm.com
Let me know if you prefer a paper copy.

The Arbuckle Certified Farmers Market is every
Wednesday from 5 - 8 p.m. in downtown Arbuckle!
www.arbucklerevitalization.org