

# The Farm Weekly

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BLUEBIRDHILLS@VOYAGER.NET

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## OPEN HOUSE WAS A PERFECT DAY

Over 200 folks came to the farm last Saturday and the weather was absolutely perfect. As Goldilocks once said, "not too hot, not too cold, just perfect." It was very nice to get a chance to meet some of you although there is no way that we can converse with everyone.

I stepped into the pasture to talk to inquirers about the alpacas, and my peeling nose can attest to the fact that I spent all but about 15 minutes there. I think some of you can now better appreciate my attraction/addiction to these marvelous creatures. One of the dams even blessed us with a cria that morning, a sweet, not-so-little white girl, who amazed everyone with her ability to walk and run around at just a few hours of age.

Over the years members often ask us where they can find meat and eggs that aren't filled with hormones and chemi-

cal. The Mohr family from Urbana was at the farm with a couple of their milk goats and a freezer full of chemical free meats.

I promised them I would include their contact information here in our newsletter, so you can find that to the right. They are a super family and offer some very nice products, so hopefully they can become a resource for folks. I believe they also attend some farmers markets around the area, so you might be able to pick up some of their meats closer to your home.

The big garden news this week is the ceremonial arrival of the first ripe tomato. We enjoyed the first bight last Saturday afternoon. Hopefully there will be enough to have at least one in everyone's box this week, but if not this week, certainly next.

The first round of sweet onions, the Walla Wallas are coming to the end and next week we will

### Zucchini & Honey from member Jim H.

This is all about simplicity and the quality of the ingredients. Get some good-quality honey from a local producer or the gourmet section of a store.

1 large or 2 medium **zucchini**, quartered and sliced into 1/4" wedges

**Olive oil**

**2 tsp. wild honey**

Heat a bit of olive oil in a sautee pan over medium-high heat. Toss in the zuke wedges and season with sea salt and freshly ground pepper. Sautee for 2 or 3 minutes until they just start to caramelize. Swirl in the honey and continue to cook for another minute or two. By this time, depending on the heat of your pan, the zuke should be slightly browned, just tender in texture, and nicely coated with the honey. Pour into a serving bowl. Deglaze the pan with a tablespoon or two of water and pour those drippings over the zuke in the bowl.

Serve immediately.

start with the Ailsa Craigs, another sweet variety developed in the British Isles. These might be slightly more pungent than the Walla Wallas, but still very mild compared to what will be in the boxes later in the season.

New in the boxes are some of the best beets you will ever taste. We know that many of you are very skeptical about beets and won't even let them pass through your lips, but we would love to have you give them another chance.

Since most eat beets out of a can, he is a primer. Cut off the tops (which are actually edible) leaving about 2 inches attached to the beet. Scrub them clean and place intact into a steamer, or you can bake these as well.

A beet will take about half an hour to cook, but you can tell it is done when you can pierce it with a fork or knife. Once

cooked you simply slip off the skin, top, and root. We enjoy ours with some butter and salt, but they can be diced into salads also for an interesting texture and sweetness. Please give them a second chance before writing them off.

Thanks to those who came to the farm. Enjoy your weekend!

*This Week's Box*  
**Walla Walla Onions**  
**Lettuce**  
**Summer Squash**  
**Broccoli ?**  
**Green Beans**  
**Cauliflower**  
**Beets**  
**Tomatoes?**  
**Peppers**

*Next Week*  
**Lettuce**  
**Onions**  
**Summer Squash**  
**Green Beans?**  
**Tomatoes**  
**Green Peppers**  
**Cabbage**

**MOHR  
 ANIMAL  
 ACRES  
 BEEF  
 CHICKEN  
 PORK  
 LAMB**

**1262 W. St. Rt. 296**

**Urbana, Oh.**

**937-484-5950**

**www.mohranimalacres.biz**