

Chestnut Acres Limited

Week Eight

August 3, 2011

This Weeks Produce:

Santo Cilantro

YaYa Carrots

Mixed Swiss Chard

3 Summer Squash

Pod Peas, Snow Peas

Purple Top Turnips

Azur Star Kohlrabi

Early Wonder Beets

Blueberries

Blueberry offer is still on so if you know anyone who is interested let us know and we will put their name on our list.

Farm Day

How does August 20th sound everyone? August 27th can be our raindate. We would like any suggestions for our Farm Day. If there is anything that your children or you would like to see or do just let us know.

Reminder!!!!

Please remember to return bags the next week!

Always wash your Vegetables!! We are organic but nature still has it's ways of spreading things around.

www.chestnutacreslimited.com

Go to links and blog if you want to leave a comment or recipe.

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Season Update:

Blueberries will be ready in a week or two. We tried raking some the other night and there was still too many green berries. But there is a lot of them. The berry boxes arrived late last week and our girls had a great time folding and stacking them.

There would have been beans this week but it has been too wet to get into plants. There is high risk of spreading diseases in the plants when they are wet.

Blanching

If you haven't tried to blanch veggies before it isn't that hard. All you need is a big pot for the blanching, a large bowl for your ice water and freezer bags. I say ice water but I usually just use our cold water from the tap. The time for blanching varies per vegetable but is usually 1-5min. Google or a general purpose cookbook will give easy instructions. It is a great way to stock up for the off season. Andrew and I blanch broccoli, cauliflower, tomatoes, peas, beans, corn, and snow peas.

Summer Squash Yellow Scallopini and Dundoo Zucchini.

Beets I had a wonderful salad this weekend. The beets were cooked, peeled then diced and put on a bed of arugula with walnuts and goat cheese. There was a vinegarette dressing.