

Chestnut Acres Limited

Week Seven

July 27, 2011

This Weeks Produce:

Lettuce Mix

Cilantro, Carrots

Garlic Scapes

Mixed Swiss Chard

Summer Squash

Fava Beans or Snow Peas

Cherry Belle Radish

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

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.

nutfarm@nb.sympatico.ca

Season Update:

We have ordered our boxes for the blueberries and they should be here in the next day or two. We are working on a winding machine to blow debris out of the berries.

There are 3 inch beans on the string bean plants. Potatoes are finally sizing up. We have blossoms on the squash plants and there are a lot of green tomatoes which hopefully means we will have a lot of red tomatoes.

FAVA BEANS Shell and boil for three min. then put into ice water. Peel the outer skin off the beans. We saute them with garlic and olive oil.

GARLIC SCAPES

We have really been enjoying these. I know I said that last week would be the last week for scapes but I miscalculated how much garlic we planted last year. This weekend we harvested all remaining scapes.

Try This!!

2 Tbsp Butter with a ½ cup of water in a pot and bring to a simmer. Add scapes that have been cut into 2 or 3 inch stalks. Boil until tender. They have an asparagus consistency with a surprising mild garlic flavour.

Summer Squash Yellow Scallopini and Dundoo Zuchini.

Sorry for the missing newsletters last week for pickup customers. I (Jodi) took them all on the deliveries.