

Chestnut Acres Limited

Week Four

July 6, 2011

This Weeks Produce:

Lettuce Mix

Green Onions

Beet Greens

Carrots

Garlic Scapes

Swiss Chard

Oregano

Radish

Season Update:

The beans are starting to flower

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.

Blueberries

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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Garlic Scapes

If garlic scapes are new to you, you are in for a treat. A garlic scape is the stalk in which the garlic flower grows. It is totally edible and delicious. Use scapes the same as you would use garlic. Finely chop 3 scapes and put them in a pound of ground beef for hamburgars. We puree them and freeze the paste in ice cube trays for later use for garlic bread or pasta. The scapes are a bi-product of growing garlic. We need to cut all scapes within the next three weeks so the garlic bulbs will size well.