

Zekiah Farms³



Beef - Pork - Lamb - Chicken - Vegetables - Honey

Zekiah Farms³, LLC

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“Your trusted source of local food, from our family to yours!”

NEWSLETTER



THIS WEEK'S CSA

Apples
Bok Choy
Cabbage Napa
Cauliflower
Collards greens
Kale
Lettuce Romaine
Mustard greens
Swiss Chard
Hot peppers optional

Preserve veggies for later:

1) **Blanching and Freezing**. This quick and easy. Refer to above website.

What is it and why?

scalding vegetables in boiling water or steam. It preserves loss of flavor, color and texture, brightens the color and helps retard loss of vitamins. You can freeze in serving sizes for meal planning.

2) **Canning**: Preserves food in a self-stable jar and saves freezer space. Quick and convenient meal planning. No wait time for thawing.

QUESTION!!!!!!

Thanksgiving and Christmas, CSA pick up? We have a decision to make about the week of Thanksgiving and Christmas. With Thanksgiving on Thursday and Christmas on Friday, we can do the box for a Wednesday pick up. It will give you fresh veggies for the holiday, but you will have just gotten a box the preceding Saturday. Or we can skip the boxes on the two holiday weeks. Remember, we built in 8 weeks during the winter CSA season for holidays and inclement weather.

I know everyone gets stressed for time and I don't want your CSA to be one of your stressors. Personally, I'm torn. I want you to have the veggies if you can use them for the holidays, but I don't want you to feel overwhelmed by having too much so close together or time/travel issues. My gut says to skip it, what about yours? I need feedback and majority will rule.

This will not affect Meat CSAs and the egg CSA can double up.

CLASSES

Want help to learn how to can food (hot water bath and pressure canning) or other food preservation, email us and we will setup a class.

RECIPE IDEAS

Try new recipes and let us know what you like. [Submit your favorites](#) and I'll share with the Zekiah Farms Families. Together we will enjoy fresh, local, seasonal, and delicious harvest. Bon Appetit.

Leafy Greens

A nutritional powerhouse that you can eat in many ways. Its mild taste makes it a perfect ingredient for recipes. Dark, leafy green vegetables are among the most nutrient-dense foods.

Here are some excellent ways to add greens to your diet:

- Sauté and add it to scrambled eggs.
- Use in hearty soups and stews.
- Add to a mixed green salad.
- Toss a few leaves into your favorite smoothie.
- Rub the leaves with olive oil and salt, then bake to make chips.
- Sauté with garlic and olive oil for a tasty side dish.
- Use in place of or with basil when making homemade pesto.
- Toss wilted it into pasta dishes.



- Pickle it stems for a crunchy snack.
- Blend fresh greens with hummus for a tasty, nutritious dip.
- Stuff chicken breast with greens and goat cheese.
- Top pizza crust with greens, mozzarella and tomatoes.
- Toss it into your favorite frittata.

Quick and Easy Sautéed Greens

(This recipe can be used for all your fresh greens. I often mix the greens)

Ingredients

2 large bunches your favorite greens
 2 tablespoons extra-virgin olive oil
 3 cloves garlic, finely chopped
 1 large onion, diced
 ½ teaspoon salt
 pinch each thyme
 Freshly ground pepper to taste
 Vinegar Apple Cider or Balsamic to taste, optional

Instructions

Clean and Chop favorite greens: Stack several pieces on the clean work surface. Remove stems and set aside. Roughly cut leaves into pieces about 2-inch square. Repeat with the remaining greens. Chop the stems (about the same size as the diced onion.)

Heat oil in a large heavy skillet over medium high heat. Add chopped the stems, garlic, onion, salt, thyme, and pepper and cook, stirring often until the onions are starting to brown, 6 to 8 minutes. Add chopped leaves, 2 tablespoons water and cover. Let wilt, 2 to 4 minutes. Remove lid and continue cooking, stirring occasionally until the greens are completely wilted and softened, 1 to 3 minutes. Remove from the heat and drizzle with vinegar. Serve hot.

STORE HOURS

Tuesday: 9:00 am – 4:00 pm
 Thursday: 9:00 am – 4:00 pm
 Saturday: 9:00 am – 4:00 pm
 Sunday: Closed
 Monday, Wednesday, & Friday by appointment