



Zekiah Farms3, LLC

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

NEWSLETTER

HOT NEWS

Welcome to the first week of the 2020 Veggie CSA. We hope all of you enjoy a healthy summer. Be diligent with the social distancing and stay safe and healthy. We really enjoy feedback both positive and constructive. Customer feedback, suggestions, and request is how we grow to meet your needs.

THIS WEEK'S CSA

Some of the produce items this week's CSA

Asparagus
Arugula
Lettuce
Beets

Cabbage
Onions
Cauliflower
Broccoli

Garlic
Sugar Peas
Spinach

These are all cool weather veggie and like to be chill 😊.. If anything looks sad and wimpy, just put it cold water.

Always wash your veggies before you eat.

Stop!!! Don't throw out the Beet Greens!!!

Health Benefits of Beet Greens

Beets are ranked as a superfood. Their bulbs and leaves alike possess healthy properties to



Zekiah Farms Veggie CSA 5.30.2020

help keep you in great physical and mental shape.

To name a few:

Beet greens are packed with high amounts of vitamins and nutrients, including iron, protein, calcium, magnesium, zinc and fiber. They also are extremely low in calories, fat and cholesterol.

Beet greens contain plenty of nitrates, which help lower blood pressure. Nitrates also improve oxygen levels in the body, which

enhance exercise performance and athletic ability.

Beet greens also help fight inflammation, improve digestive health, support brain health and contain anti-cancer properties.



Zekiah Farms Arugula

What Is Arugula?

Arugula (*Eruca sativa*), also known as garden rocket, roquette, or rucola, is an edible plant in the brassica family along with cruciferous

vegetables like broccoli, cauliflower, cabbage, and collard greens. Originally from the Mediterranean, the peppery leafy green has long been a staple in Italian and French cuisine.

What Does Arugula Taste Like?

Fresh arugula leaves have a distinctive spicy kick. The flavor can be bright, tart, peppery, and slightly bitter, depending on its maturity. You'll find that baby arugula is delicate and mild, while mature arugula is much spicier. Mature arugula flowers and seeds are also edible. If your arugula is too spicy on its own, try a mix of leafy greens.

Health Benefits of Arugula

Arugula is low in sugar, calories, carbohydrates, and fat, and rich in nutrients including, vitamin C, vitamin B, vitamin K, vitamin A, calcium, potassium, and folate. These leafy green vegetables are full of beta-carotene and antioxidants, which boost the immune system and may promote eye and bone health. Adding more of these leafy greens to your diet is an easy way to encourage weight loss due to its low-calorie count.

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.

Dark 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 leafy 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.
- Toss wilted it into pasta dishes.
- Blend with hummus for a tasty, nutritious dip.
Toss it into your favorite frittata.

Quick and Easy Sauté

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

Ingredients

2 large bunches of 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 (if you want smaller pieces): Stack several pieces on work surface. Remove stems and set aside. Roughly cut leaves into pieces about 2-inch square. Chop stems (about the same size as the diced onion.)

Heat oil in a large heavy skillet over medium high heat. Add 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.

What to do with all your eggs?

Try pickling the eggs, helps preserve them and are delicious healthy snack. Check out this website for safety tips and recipes. https://nchfp.uga.edu/how/can_06/pickled_eggs.html.



Zekiah Farms Pickled Eggs

NEWS FROM THE FARM

CSA pick up schedule

Meat and Chicken pick up – first Saturday of the month for 6 months

Veggie – weekly on Saturday **starting May 30, 2020** for 18 weeks

Eggs – weekly or biweekly on Saturday

Invoices/payments

1. You should have received an invoice from us if you did not pay in full during sign up. If you have not received an invoice, please let me know ASAP.
2. Payment Plan- please be prepared to **use cash or check**
3. Pay in full – cash, check, or Credit card.
4. After each payment, you will receive an updated invoice.

New Phone System:

We are always striving to improve our customer service. Since the inception of Zekiah Farms, the business number has always been my cell phone number. I'm quite busy and can't always answer the phone. So, we found a solution to the problem. Cindy has a new #, 240-499-5109 and the farm keeps 240-216-4065. I still love to hear from you guys, but for faster service call the farm directly. **For immediate service, call or text the number you've always known 240-216-4065.** A farm crew member should be able to answer. (Probably Bonnie)

STORE HOURS

Tuesday: 9:00 am – 5:00 pm

Thursday: 9:00 am – 5:00 pm

Saturday: 9:00 am – 4:00 pm

Sunday: Closed

Monday, Wednesday, & Friday by appointment

We are striving to keep our normal hours of Tuesday, Thursday, Saturday 9-4. During this COVID-19 period, Bonnie is unable to help in the store and be around public. Tyler, Cody, and I all have shift work, so it's hard to say which one of us you may find at the farm. Check the [website](#) and [Facebook](#) for current hours and specials. Between all of us; we work hard at maintaining coverage. seasonally. Free to text us, if you have any questions. Phone calls are difficult at times.

QUESTIONS FOR YOU

1) Question, are you interested in signing up milk share?

I've had requests for milk. I have reached out to organic Maryland dairies. I need to make a minimum order for delivery. Due to the perishable nature of milk, I can only make this work with guaranteed orders. If there's enough interest, I'll firm up the details with the dairy and get out prices.

2) Need Coffee?

I've been approached by a local coffee beanery who would like me to offer their product. Anybody have any interest in local roasted coffee beans?

UP COMING CLASSES

Due to the current state of Covid -19, We don't have any classes scheduled. If you have a topic you'd like us teach, please [submit](#) it to us. Food preservation, canning, etc. I can't wait to start the classes back up.

COVID-19

While we are all Anxious to get back to our normal lives pre COVID-19, please keep in mind the prevention steps we have learned.

- **Please do not enter store if you are sick, we are happy to provide curbside pickup and delivery**
- **Don't touch anything you are not purchasing**
- **Maintain Social Distancing of 6 feet**
- **Feel free to ask a farm associate for assistance**
- **Wash your hands often with warm soapy water for 20 sec**

Stay safe and healthy, together we will get through this and be stronger!

The Zekiah Farms Family will be here to serve your local food needs.

Wild Friday night at Zekiah Farms.



Taylor helping to harvest the veggies on Friday night.

Lord, what did we do before cellphones?

Zekiah Farms Taylor harvesting veggies

All photos were taken and provided by Cindy Beuchert. Request permission to reproduce.