



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

Zekiah Farms3, LLC

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NEWSLETTER

HOT NEWS

Meat and Chicken CSA open for signup. The July through December season is ready for you. Enjoy Zekiah Farms' choice of beef and pork; receiving a mix of steaks, burger, roast, sausage, hot dogs, BBQ, etc. Chickens are free range and processed whole. All our meat products are vacuumed sealed and flash frozen.

Act NOW to reserve your spot. You can still jump in the veggie and egg CSA and enjoy the harvest for the rest of the season.

[Sign Up Here](#) and enjoy fresh local veggies, fruit, eggs, beef, pork and chicken.

ZF3 VIP Club: Free membership with CSA

Benefits:

- 5% off all Zekiah Farms products for 2019 (*discount excludes our wholesale partners' businesses)
- Random drawing for a free 2020 CSA, one entry per CSA purchase
- Referral program – refer a friend who purchases a CSA and get an additional entry for the drawing.

THIS WEEK'S CSA

Some of the produce items this week's CSA

- Beets
- Cabbage
- Cucumbers pickling
- Cucumbers Slicing
- Green Beans
- Herb Basil*
- Herb Parsley Italian
- Peppers banana
- Peppers Bell
- Sweet Onions
- Swiss Chard
- Yellow squash
- Zucchini



New Items This Week:

- Cabbage
- Cucumbers Slicing
- Herb Parsley Italian
- Peppers banana
- Peppers Bell
- Sweet Onions

Additional Produce items available in store

- Lettuce
- Red and white baby potatoes
- Blueberries
- Peaches

*Note: Don't store fresh basil in the refrigerator. It will turn black. Basil is very cold sensitive. Put in jar with a little water, it will also make the kitchen smell nice.

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.

Swiss Chard



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 Swiss chard 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 Swiss chard with hummus for a tasty, nutritious dip.
- Stuff chicken breast with Swiss chard and goat cheese.
- Top pizza crust with Swiss chard, mozzarella and tomatoes.
- Toss it into your favorite frittata.

Quick and Easy Sautéed swiss chard
(This recipe can be used for all your fresh greens. I often mix the greens)

Ingredients

2 large bunches Swiss chard
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 Swiss Chard: Stack several pieces of Swiss chard on work surface. Remove stems and set aside. Roughly cut leaves into pieces about 2-inch square. Repeat with the remaining swiss chard. Chop the Swiss chard stems (about the same size as the diced onion.)

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

What to Do with Basil?? Make Pesto

Basil pesto darkens when exposed to air, so to store, cover tightly with plastic wrap making sure the plastic is touching the top of the pesto and not allowing the pesto to have contact with air. The pesto will stay greener longer that way. Freeze in serving portions. I use ice cube tray. Line tray with plastic wrap and freeze.

Easy Pesto

INGREDIENTS

- ½ cup pine nuts
- 3 oz. Parmesan, grated (about ¾ cup)
- 2 garlic cloves, finely grated
- 6 cups basil leaves (about 3 bunches)
- ¾ cup extra-virgin olive oil
- 1 tsp. kosher salt

RECIPE PREPARATION

Preheat oven to 350°. Toast pine nuts on a rimmed baking sheet, tossing once halfway through, until golden brown, 5–7 minutes. Transfer to a food processor and let cool. Add cheese and garlic and pulse until finely ground, about 1 minute. Add basil and place the top back on. With the motor running, add oil in a slow and steady stream until pesto is mostly smooth, with just a few flecks of green, about 1 minute. Season with salt.

In spite of the raining spring the bees did a wonderful job again producing their amazing honey.

“Exactly how long honey has been in existence is hard to say because it has been around since as far back as we can record. Cave paintings in Spain from 7000BC show the earliest records of beekeeping, however, fossils of honey bees date back about 150 million years! Its ‘magical’ properties and versatility has given honey a significant part in history.” [The honey association](#)



NEWS FROM THE FARM

Honey Harvest



Your source of Local, Raw, & Unfiltered Honey

The Top 6 Raw Honey Benefits



- Antioxidants
- Antibacterial and antifungal
- Heal wounds
- Boost immunity
- Digestion and gut health
- Sore throat

WARNING: Raw honey should never be given to an infant less than a year old.



DON'T FORGET!

1. **Meat Orders** – if you are interested in any bulk meat orders (ie: ¼ to whole steer, ½ to whole hogs, or whole sheep), please let us know ASAP. We need to plan it into the schedule. Our butcher dates are already set for the year. Bulk orders are sold by hang weight, which is the weight of the animal after slaughter.
2. **Bulk Veggie or fruit orders** – If you would like large amounts of fruit or veggies let us know in advance. Canning season is upon us and is the perfect way to enjoy fresh harvest in the winter.
3. **CSA Sign-up** – any question please contact us.
4. **Vacation** – We will be on out of town
 - a. June 28 and 29, 2019
 - b. July 27 to Aug 3, 2019 Caitlin and Bonnie should be holding down the fort while I'm gone. Stay tuned for any updates. Feel free to contact us if you have any questions.
5. **Store will be Closed June 25 and 27th.** We are volunteer instructors at the Charles County 4H Day Camp during this week. Unfortunately, we don't have

store coverage. We are sorry for any inconvenience. If you need something, text Tyler, he may be able to meet you after camp.

UP COMING CLASSES

We currently 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

THOUGHTS AND PRAYERS

As some of you know, Bonnie is out of town helping a friend. She has a good friend recently diagnosed with terminal cancer. Please keep them in your prayers.

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

Store will be Closed June 25 and 27th.

We 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. Hours do adjust seasonally. Free to text us, if you have any questions. Phone calls are difficult at times.

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