



# Zekiah Farms3, LLC

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

## NEWSLETTER

### HOT NEWS

#### New Bacon and Chicken Products:

Chicken: We have had requests for chicken cut and parted.



- Chicken leg quarters
- Whole wings
- Party Wings
- Chicken drumsticks
- Chicken Tenders

While we are too small of a producer to provide that need, we searched for naturally raised chicken options.

We have sourced USDA naturally raised chicken in the following products:

- Boneless chicken breast 2 pack
- Boneless chicken thighs

While this butcher doesn't have the nitrate free processing, they do offer other flavors of bacon.



Bacon: applewood, smoked, & black pepper

Let us know what you think of these products. Of course, we will continue to produce and carry our whole chickens and nitrate free pork products.

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## THIS WEEK'S CSA

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### Some of the produce items this week's CSA



Asparagus  
Beets  
Cabbage  
Cauliflower orange  
Cauliflower purple  
Garlic  
Garlic Escapes  
Kale  
Lettuce mix  
Potatoes  
Spinach  
Swiss Chard

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.

### **Asparagus**

The name for asparagus -- a member of the lily family -- comes from the Greek word meaning "shoot" or "sprout." Asparagus spears grow from a crown planted in sandy soils and, under ideal conditions, can grow 10 inches in a 24-hour period.

This giant veggie is one of the most nutritionally well-balanced vegetables -- high in folic acid and a good source of potassium, fiber, thiamin, and vitamins A, B6, and C. A 5-ounce serving provides 60% of the RDA for folic acid and is low in calories.

### How to Store:

Store asparagus as you would store cut flowers: Trim the bottoms and stand the spears up in a glass or jar with about an inch of water. Cover with a plastic bag then refrigerate them for up to 4 days. Change the water as it gets cloudy to keep the asparagus crisp and fresh.



### **Cabbage**

Cabbage belongs to the Brassica genus of vegetables, which includes broccoli, cauliflower and kale. It is loaded with vitamins and minerals. Even though cabbage is very low in calories, it has an impressive nutrient profile.

1 cup of raw green cabbage contains:

Calories: 22

Protein: 1 gram

Fiber: 2 grams

Vitamin K: 85% of the RDI

Vitamin C: 54% of the RDI

Folate: 10% of the RDI

Manganese: 7% of the RDI

Vitamin B6: 6% of the RDI

Calcium: 4% of the RDI

Potassium: 4% of the RDI

Magnesium: 3% of the RDI

Cabbage also contains small amounts of other micronutrients, including vitamin A, iron and

riboflavin. It is rich in vitamin B6 and folate, both of which are essential for many important processes in the body, including energy metabolism and the normal functioning of the nervous system.

In addition, cabbage is high in fiber and contains powerful antioxidants, including polyphenols and sulfur compounds (2).

Cabbage is especially high in vitamin C, a potent antioxidant that may protect against heart disease, certain cancers and vision loss. (<https://www.healthline.com/nutrition/benefits-of-cabbage>)



### **Garlic Scapes**

What are garlic scapes?

Garlic scapes are the tender stem and flower bud of a garlic plant. Scapes first grow straight out of the garlic bulb, then coil.

What do they taste like?

Garlic scapes taste like a unique blend of onion, scallion and garlic.

How do you store garlic scapes—and how long do they keep?

Garlic scapes keep very well in the crisper—they can last for up to two weeks. You can also chop them up and freeze them in plastic bags, which will preserve them for much longer.

How do I prep garlic scapes?

Scapes are really easy to prep. Most of the time, the tips of the scapes will have a little bulb on it. Snip off the tips and the bulb, run the scapes under some water to get rid of any dirt and chop up the scapes to whatever length you'd like.

How do I eat them? What garlic scapes recipes can I use?

Scapes are very versatile and can be used in an assortment of recipes. They can be used anywhere you might otherwise use garlic cloves or scallions. You can also make pesto and pickle the scapes.

Are There Health Benefits in Garlic Scapes?

Garlic scapes are a good source of protein, vitamin C, and calcium and, like garlic cloves, can help to prevent heart disease, high cholesterol, high blood pressure, and cancer. They can also provide immune system support and reduce inflammation.

Give them a try!

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## RECIPE IDEAS

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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.



## **Roasted Asparagus**

### **Ingredients**

Fresh asparagus  
Olive oil  
Kosher salt, plus extra for sprinkling  
Freshly ground black pepper  
Minced Garlic

- Preheat the oven to 400 degrees F or grill
- cut ends of the asparagus.
- drizzle with olive oil
- sprinkle with minced garlic, salt and pepper to taste (we love garlic).
- toss to coat the asparagus completely.
- Place the asparagus on a baking sheet lined with parchment paper (ease of cleanup)
- Spread the asparagus in a single layer
- Roast the asparagus for 25 minutes, until tender

## **Grilled Asparagus**



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For perfect grilled asparagus every time:

- Let your grill preheat on high
- Prepare asparagus the same as above
- Spread the asparagus in a single layer directly on grill
- Grill, turning occasionally, until tender and charred, 3 to 4 minutes.
- If the stalks are pretty big, they might take longer to cook.

Remember: The asparagus is ready when you can easily pierce the middle with a fork.

## **Grilled Cabbage Steaks**



So, the other night I told my family we were having grilled steaks. I just left out that it was cabbage steaks. Lucky, my guys love their veggies and anything on the grill. ((they did get burgers too.) The Cabbage steaks are quick, easy, and delicious.

### **Ingredients**

One head of Cabbage  
Olive oil  
Kosher salt, plus extra for sprinkling  
Freshly ground black pepper  
Minced Garlic

- Heat grill medium-high heat.
- Remove outer leaves of cabbage
- Slice bottom off
- Place flat bottom side down on cutting board. You should be looking down on the round top of the head.
- Slice into 1" thick pieces
- Brush cabbage steaks on both sides with oil.
- Season both sides. You can use salt, pepper, minced garlic, red pepper flakes, etc. Really, anything you like.

- Place on grill and cook until tender, about 5 minutes per side.

The cabbage steaks are a great base for a variety of seasonings and toppings.

Experiment.

Top with bacon, blue cheese, scallions, etc

Try drizzle with your favorite dressing

However, I thought it was perfect right off the grill.



### **Sautéed Garlic Scapes**

Ingredients:

Garlic Scapes

Olive oil

Salt and Pepper to taste

Directions:

Place as many garlic scapes as you have, or will fit, into a large frying pan. Drizzle with olive oil — just enough to coat each scape without pooling at the bottom of the pan. Cook over medium heat, until the scapes start to brown. Add salt and pepper to taste.

### **Garlic Scape Pesto**

Ingredients:

1 cup diced garlic scapes

1/3 cup pine nuts

3/4 cup olive oil

1/2 cup grated Parmesan

1/2 teaspoon salt

Black pepper to taste

Directions:

Place garlic scapes and pine nuts in a food processor and pulse until they form a thick, dry paste. Gradually add oil and pulse until integrated. Using a rubber spatula, scoop the pesto out into a mixing bowl. Add Parmesan, salt, and pepper to taste.



Roast Kale: rub olive oil all over the kale, then season with your favorite. I used old bay on these. Place in oven at 425. Remove when at desired texture. If you want more of a chip lower temp 225 for long time.

Kale is a nutrition superstar due to the amounts of vitamins A, K, B6 and C, calcium, potassium, copper and manganese it contains.

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## NEWS FROM THE FARM

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This is a picture of a coyote on our farm. I'm sure it is one of many. This is the first year we have had a major predator problem. So here is the problem, they love their chicken dinner. We have lost a couple hundred laying and meat chickens. Due to this fact we may have to cut back the chicken shares to one a month until we can catch up. DON'T WORRY! You will get all of the chickens, but your time maybe extended. Sorry for any inconvenience.

### **CSA pick up schedule**

Meat and Chicken pick up – first Saturday of the month

Veggie – weekly on Saturday

Eggs – weekly or biweekly on Saturday

**Payment Plan- please be prepared to use cash or check**

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## STORE HOURS

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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

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## UP COMING CLASSES

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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.



Pickled asparagus is one of my favorites. I picked this batch last week. You too can learn

how to make and preserve your favorite foods during the veggie season.

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## COVID-19

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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.

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