



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

Zekiah Farms3, LLC

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NEWSLETTER

THIS WEEK'S CSA

Some of the produce items this week's CSA

Item
Basil
Bell Pepper
Blueberries
Cabbage
Potatoes
Squash Patti Pans
Sweet Corn
Sweet Onions
Swiss Chard
Tomatoes
Yellow squash

Additional Produce items available in store

Blackberries, peaches, and banana peppers

*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.

Look for a family favorite recipe at the end!!

NEWS FROM THE FARM

BEEF: Tyler just picked up our steers from the butcher. So, we have your favorite cuts in stock. Stock up on burger for all your quick summer meals and cookouts. Don't forget our CSA customers get discounts on all their Zekiah Farms purchases.

Boy has it been HOT!!

The heat and storms have been crazy. Keeping all the plants and animals watered and cool has been a job. The dogs don't even want to go outside. Remember to drink plenty of water and don't take chances with lighting.



Zekiah Farms Veggie, Meat and Rice Dish A family favorite

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. **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.

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

Bonnie is still out of town, so check on store hours Tuesday and Thursday.

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. Thank you for understanding and cooperation with our crazy schedule.

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



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.

Zekiah Farms Veggie, Meat and Rice Dish A family favorite

This is a family favorite. You can use your entire CSA box preparing the recipe. Enjoy a delicious and healthy meal.

You can use the idea throughout the season with your fresh veggies. It is always delicious and a crowd pleaser. People have no idea how many veggies they are eating. I have never had anyone not go back for seconds with this dish.

All of this went into the dish.

Carrots

Peas

Broccoli

Tomatoes

Zucchini

Summer squash

Swiss Chard

Garlic - dried from last year

hot peppers - dried from last year

Sweet corn - canned last year

Roma tomatoes - canned last year

Fresh Herbs variety

2 lbs of burger



I believe I use a 5-quart Dutch oven. You can adjust the amounts based on your family size. I tend to cook for 8 people.



1) Lightly brown or sear 2 lbs of your favorite meat, such as Zekiah Farms' burger, stir fry, ham steaks, Chicken, etc. The meat will finish cooking throughout the dish. Our burger isn't fatty, so there isn't any fat to drain. If needed drain the excess oils.

2) While browning add in your onions, garlic, sweet peppers, hot peppers, salt and pepper. (Add Cajun spices for change up)

Zekiah Farms Veggie, Meat and Rice Dish A family favorite



3) Cut up tomatoes and Squash; these are high in water and is used to form the liquid for the broth. Once meat is browned or seared add in the tomatoes and squash. Keep covered with lid.

4) Chop all your veggies and herbs. Separate based on cook time. Remember to add the vegetables that take the longest to cook first. Such as: Tomatoes, squash, root veggies, okra, winter squash, eggplant, cabbage, Broccoli stems, stems from leafy greens, etc.

Mix occasionally and keep covered. The Quick cooking veggies will be added later.

As you can see, the tomatoes and squash have cooked down and are forming a nice rich broth with the meat.



5) Now that all the herbs and longer cook time veggies are chopped and added to the pot. It is time to add the rice.

I used 2 cups uncooked rice. (I like brown or wild, but only had white on hand) I use a large pot, as you can tell from all the veggies. The idea is to add rice in the dish but not take it over. We like the mixture to be predominately veggies with meat and rice. Adjust amount of rice based on size of batch.



Zekiah Farms Veggie, Meat and Rice Dish A family favorite

Add the dry uncooked rice directly in to the mixture. You should have enough liquid from the tomatoes and veggies. If not add a little Zekiah Farms beef broth or water.

Fold in with the contents, cover, and simmer till rice is done. Follow cook time for the rice. The rice I use usually takes 20min. (I have never used minute rice.)



6) Yes, it is time to add more veggies. Add the veggies that don't need a lot of time to cook. Such as Peas, Sweet corn (cut off cob), Broccoli florets (the leaves and stems were added earlier), more summer squash (for different texture), Swiss Chard, kale, collards - chopped leaves, etc.

7) Simmer till rice is done – mix occasionally. Let stand for at least 5 minutes for the rice to absorb the broth.

8) Delicious! Look at the rich broth and beautiful colors. Hope your family enjoys this dish as much as mine. Let me know what you think.

