



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

# Zekiah Farms3, LLC

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## NEWSLETTER

### THIS WEEK'S CSA

**NO CSA PICKUP ON AUG 3, 2019.**

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



Fresh blackberries and blueberries anyone?

Both of these berries freeze well. So, stock up to enjoy all year. If you want large quantities let me know ahead of time.

#### Produce available this week:

Basil  
 Blackberries  
 Blueberry  
 Cantaloupe Sugar Cube  
 Peaches  
 Pepper Jalapeno/banana  
 Potatoes  
 Sweet Corn  
 Swiss Chard  
 Tomatoes  
 Tomatoes Sun Gold Cherry  
 Yellow squash  
 Tomatoes



#### New Items This Week:

##### **Cantaloupe Sugar Cube**

Its interior flesh is tender and juicy with an exceptionally sweet flavor, weighs no more than two pounds. Its seed cavity is smaller yielding more edible flesh. Sugar Cube is ideal for serving as a personal one or two serving melon. Sugar Cube melons will keep at room temperature for two weeks, once cut keep in the refrigerator in a sealed container or wrapped in plastic, use within four to five days.



##### **Tomatoes Sungold Cherry**

Sungold cherry tomatoes are exceptionally sweet, golden-orange tomatoes around one inch in size. The plant converts the maximum amount of sunlight into sugar and flavor components, the result is the candy-sweet tomato the color of the sun.



#### Nutritional Value

Yellow tomato varieties have valuable amounts of beta-carotene, the pigment that gives orange and yellow tomatoes their color and helps neutralize free radicals that may damage

human cells. They are rich in vitamin C, and they also offer a good dose of potassium, which is important for regulating blood pressure, nerve function, and muscle control.

Also don't forget to stock up on your favorite beef, pork and chicken. CSA customers get discounts on all their Zekiah Farms purchases.

\*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.

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## NEWS FROM THE FARM

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**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.



**Bulk Orders:** Next Slaughter date for hogs and beef is Sept 3, 2019. If you a special cut or ¼ etc, order now!!

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## SUMMER HEAT TIPS

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### *Summer's heat can be deadly*

This excessive heat can be very dangerous. Follow these tips. Closely monitor the young, old, or people with chronic illnesses.

[Ten Tips for Staying Safe in the Summer Heat](#)

1. Hot cars can be deadly. Never leave children or pets in your vehicle.
2. Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
3. Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
4. If someone doesn't have air conditioning, they should seek relief from the heat during the warmest part of the day in places like schools, libraries, theaters, malls, etc.
5. Avoid extreme temperature changes.
6. Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
7. Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
8. Postpone outdoor games and activities.
9. Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
10. Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water and shade.

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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.  
**Bonnie is back!!!! (do a little happy dance)**  
**Store hours should go back to normal schedule.**

**Vacation** – We will be out of town  
**July 27 to Aug 3, 2019** Caitlin and Bonnie  
should be holding down the fort while I'm gone.  
**NO CSA PICKUP ON AUG 3, 2019.** CSA will  
resume on Aug 10 including Aug meat CSA.

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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.  
Bon Appetit.

### Sauté Veggie Omelet

1) Chop all your veggies and herbs. Separate based  
on cook time. Remember to add the vegetables that  
take the longest to cook first.



2) Sauté until tender



3) Mix eggs and pour  
into sautéed veggies



4) cook till eggs are  
firm