



# Zekiah Farms3, LLC

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

## NEWSLETTER

### THIS WEEK'S CSA

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

- Cantaloupes
- Cucumbers
- Eggplant - fairytale
- Eggplant - Neon
- Okra
- Onions
- Peppers Bell
- Squash -Zucchini
- Squash Spaghetti
- Squash-yellow
- Sweet corn
- Tomatoes - grape
- Tomatoes - sm red/yellow
- Tomatoes Cherokee purple



**Additional Produce items available in store**

- Red, white, purple potatoes
- Watermelon – seeded and seedless
- Canary Melons
- Cantaloupes – 2 varieties
- Hot peppers – variety
- Eggplants – 4 types
- Sweet Bell peppers – colors
- Butternut Squash
- Cucumbers – 3 types
- Onions – red, yellow, and candy

7/30/20

### 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.

#### Okra



Okra is a nutritious food with many health benefits.

It's rich in magnesium, folate, fiber, antioxidants, and vitamin C, K1, and A.

Okra may benefit pregnant women, heart health, and blood sugar control. It may even have anticancer properties.

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

## Okra with Tomatoes

Quick and Easy

Sauté minced garlic cloves in 3 tablespoons olive oil over medium heat until golden. Add okra (halved lengthwise) and 1 small onion (cut into wedges); season with salt and pepper and cook until the okra is tender and bright, 10 to 12 minutes. Add halved cherry tomatoes; cook until just bursting, 3 minutes. Finish with a splash of cider vinegar.

## Roasted Okra

Preheat an oven to 425 degrees F

Arrange the okra slices in one layer on parchment paper lined cookie sheet. Drizzle with olive oil and sprinkle with salt and pepper. Bake in the preheated oven for 10 to 15 minutes.

**Ratatouille** (This recipe uses at least 5 of your veggies)

2 tablespoons olive oil  
2 onions thinly sliced  
1 cup peeled and diced eggplant  
4 small summer squash, diced  
1/2 bell pepper, cored, seeded, and diced  
2 tomatoes diced  
2 garlic cloves, smashed, and minced  
Sea salt and pepper

Heat the olive oil in a large skillet over medium heat until hot. Add onions and eggplant and cook, stirring for about 3 minutes. Onions should be soft and translucent. Add squash and bell pepper and cook, stirring occasionally, for another 5 minutes, until tender and light brown around the edges. Add the tomatoes, basil, garlic, and salt and pepper to taste. Cook until tomatoes are heated through about 1 minute.

7/30/20

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## UP COMING CLASSES

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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

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## NEWS FROM THE FARM

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We are currently working on a storm water management project. We are installing gutters, water outlets, and cisterns around the animal barn and store, Fencing animals out of the storm water pond area.



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turn, this lessens the load of the Aquifer and provides an emergency water source.

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## STORE HOURS

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Tuesday: 9:00 am – 4:00 pm  
Thursday: 9:00 am – 6:00 pm  
Saturday: 9:00 am – 4:00 pm  
Sunday: Closed  
Monday, Wednesday, & Friday by appointment

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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## DON'T FORGET!

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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. I'm scheduling my butcher dates for 2021. 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** – I will be on out of town from Aug 2-9. Please pay attention to Facebook for hour adjustments

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## 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)



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.

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) Enjoy!! Hope your family enjoys this dish as much as mine. Let me know what you think.

