



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

Zekiah Farms3, LLC

5235 Bryantown Rd

PO Box 784,

Bryantown, Md 20617

www.zekiahfarms3.com

Zekiahfarms3@gmail.com

Cindy Beuchert 240-216-4065

Tyler Thorne 240-419-4687

Cody Thorne 240-419-4586

NEWSLETTER

HOT NEWS

Great Deal – Tell your friend and get a chance to WIN!!!**

Meat and Chicken CSA open for signup.

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

Basil
Bell Pepper
Cabbage
Cucumbers pickling
Herb Parsley Italian
Peaches
Peppers banana
Potatoes
Sweet Corn
Sweet Onions
Swiss Chard
Tomatoes



New Items This Week:

Blackberries
Sweet Corn
Peaches
Squash Patty Pans - is a variety of summer squash. They are round and shallow shaped with scalloped edges. Patty pan squash comes in yellow, green, and white varieties.

Additional Produce items available in store

Blueberries

*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.

*item is in the CSA

Sauteed Patty Pan Squash

1 tablespoon olive oil
1 tablespoon butter
½ sweet onion *
4 patty pan squash, sliced to 1/2-inch-thick pieces *
3 cloves garlic, crushed, or more to taste
1 dash lemon pepper
1 ½ cups packed fresh swiss chard *
¼ cup chopped fresh parsley *
1 tablespoon chopped fresh basil *
½ lemon, juiced
1 ½ teaspoons grated Parmesan cheese
salt and ground black pepper to taste

Directions

Step 1

Heat olive oil and butter in a skillet over medium-high heat until foaming, 1 to 2 minutes. Saute onion in the olive oil-butter until tender and translucent, about 3 minutes. Add squash and garlic; season with lemon pepper. Saute mixture until squash is easily pierced with a fork, 5 to 6 minutes.

Step 2

Mix swiss chard, parsley, and basil into squash mixture; saute until swiss chard wilts, about 1 minute. Squeeze lemon juice over mixture and sprinkle in Parmesan cheese; stir well. Season mixture with salt and black pepper.

NEWS FROM THE FARM

Food Preservation:



Canning

Have you Started canning? We have! Man, I need more time. So much to can and not enough time. We made some nice kosher dill pickles.



Dehydrating

We also have been dehydrating veggies and herbs. It amazing how compact everything gets when it has been dried. It is great to preserve herbs and veggies for cooking. The veggies are great in soups, casseroles, etc.

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.

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

Unfortunately, Izzy (Bonnie's friend) lost his battle with cancer. Please keep wife and family

in your prayers. We that God helps them through this difficult time and the road ahead.

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 catch 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.

Charles County 4H Day Camp 2019



Camp went very well and fun was had by all. Thank you for understanding and cooperation with our crazy schedule.

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