

Wednesday-Friday
9AM-4PM
Saturday
9AM-2PM

OLD McDONALD
HAD A



60 E. High St.
New Freedom, PA

FARM STAND

PRODUCE~FLOWERS~BAKERY~GIFTS
FEMALE-VETERAN OWNED~FAMILY OPERATED

This Week's Box:

1. Early Loring Peaches 
2. Colored Peppers
3. Red Cabbage 
4. Seedless Cucumbers 
5. Fennel 
6. Tomatoes 
7. Chinese Eggplant 
8. Cut Beets
9. Yellow Nectarines 
- 10.

Farm Favorite Recipes:

Bacon Pea Salad



Instructions:

- 4 c. peas, thawed if frozen
- 1/4 small red cabbage, sliced
- 3 radishes, thinly sliced
- 2 green onions, thinly sliced
- 1/4 c. freshly chopped parsley
- 1/2 tsp. kosher salt,
- 4 strips bacon, cut into 1" pieces
- 1 shallot, thinly sliced
- 3 cloves garlic, minced
- 3 tbsp. red wine vinegar
- 2 tbsp. Dijon mustard
- 1/4 tsp. crushed red pepper
- Black pepper
- 1/2 c Parmesan Cheese

Ingredients:

1. Toss peas, cabbage, radishes, green onions, parsley, and salt in a large bowl.
2. In a large skillet over medium heat, cook bacon until crispy, 10 minutes. Remove bacon from the pan using a slotted spoon and place it on a paper towel-lined plate.
3. Return the skillet to heat and add shallots and garlic. Cook until shallots are soft, 5 minutes. Add red wine, then whisk in mustard—season with red pepper flakes, salt, and pepper.
4. Pour warm dressing over the pea mixture and top with bacon and parmesan cheese before serving.

Scan the QR code for more
farm-favorite recipes!



Farm Favorite Recipes:

Nectarine Upside Down Cake

Ingredients:

- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk
- 1/2 cup 1 stick unsalted butter, melted and divided
- 2 large eggs
- 1/2 cup brown sugar, packed
- 4 nectarines, sliced into 1 1/2-inch thick wedges



Instructions:

1. Preheat oven to 350 degrees F.
2. Combine flour, sugar, baking soda, and salt in a large bowl.
3. Whisk together buttermilk, 4 tablespoons of butter, and eggs in a large glass measuring cup or bowl. Pour mixture over dry ingredients and stir using a rubber spatula until moist.
4. Add the remaining 4 tablespoons butter to the bottom of a cast iron skillet or 9-inch cake pan, swirling the pan until the bottom and sides are well coated. Sprinkle brown sugar evenly over the melted butter. Arrange nectarine slices on top in a single layer. Scoop the batter evenly over the nectarines, smoothing out the top.
5. Place into oven and bake for 45 minutes, or until a tester inserted in the center comes out clean.
6. Let cool for 5-10 minutes. Run a knife around the edge of the cake and turn it upside down onto a serving plate.
7. Serve immediately.



Fennel



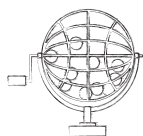
Although Fennel is a carrot family member, it's not a root vegetable. Every part of fennel is edible, from the bulb to the flowers, and it can be eaten raw or cooked. When raw, it has a crisp texture similar to celery and a fresh licorice flavor. It caramelizes as it cooks, taking on a sweeter flavor and tender, melt-in-your-mouth texture.

We truly appreciate your continued support, and we look forward to serving you with even more delicious treats in the future. Thank you for being a part of our journey.

*thank
you!*



Every Wednesday in JULY at 11 AM, we will be hosting FREE bingo games. Prizes include produce, jarred items, baked goods & much more. We can't wait to see you!

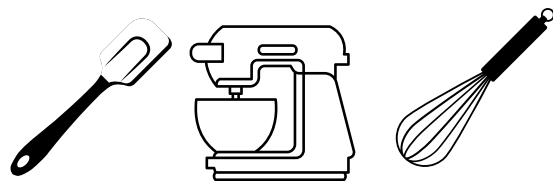


**REMEMBER TO
ALWAYS "TURNIP"
THE BEET AND
STAY POSITIVE!**



Stone fruits are a classification of fruits. They have thin skin and a "stone" in the center containing the seed. They're in season starting in early spring and continue through early fall. So many delicious fruits, like peaches, plums, apricots, dates, mangoes, coconuts, and cherries, fall into the stone fruit category. Even olives are stone fruits!

Whoopie Pies of Central PA



The Whoopie Pie is a fan favorite. A baked good comprises two mound-shaped cookie cakes with creamy filling sandwiched between them—the perfect sweet treat.

We offer over 20 flavors: you'll find a flavor you LOVE. We will be at the York State Fair, July 21st-30th!

Stop by, say hello & pick up some WHOOPIE PIES!

DID YOU KNOW?

Chinese Eggplant has a lighter, almost pastel exterior, with white flesh and a sweeter taste that fits its appearance. The Chinese variety contains fewer seeds than globe eggplants and is less bitter. These slender eggplants are better suited to quick cooking methods such as flash frying, stir-frying, sautéing, and grilling.



**DUE TO THE IMPENDING ARRIVAL OF
OMFS'S YOUNGEST MEMBER, AUGUST
11TH WILL BE THE LAST DAY OF
PRODUCE BOX DELIVERIES.**

**THE STOREFRONT WILL REMAIN OPEN.
WEDNESDAY-FRIDAY 9 AM-4 PM
SATURDAY 9 AM-2 PM**

**CHECK OUR FACEBOOK FOR UP-TO-
DATE EVENTS AND SPECIALS.**

