

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

OLD McDONALD  
HAD A



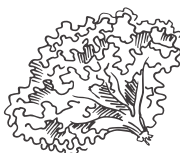
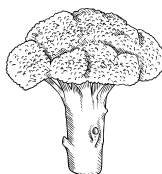
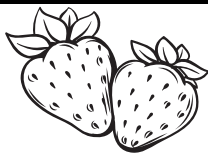
60 E. High St.  
New Freedom, PA

## FARM STAND

Produce~Flowers~Bakery~Gifts  
Female-Veteran Owned~Family Operated

### This Week's Box:

1. Whoopie Pies
2. Tomatoes
3. Strawberries
4. Broccoli
5. Green Zucchini
6. Yellow Zucchini
7. Kohlrabi
8. Sugar Peas
9. Green Leaf Lettuce
10. Peonies from C.N. Flower & Grain Farm



### Farm Favorite Recipes:

#### Beef Stirfry

##### Ingredients:

- 1/2 lb petite sirloin steak
- 1 tbsp cornstarch
- 1 tbsp soy sauce
- 1/2 tsp grated ginger
- 2 tsp sesame oil
- 1 head broccoli
- 1/2 lb snow peas
- 1 tbsp vegetable oil
- 1 clove garlic minced
- 1/2 tsp red pepper flakes

##### Instructions:

1. Thinly slice the sirloin steak (and if you are having trouble slicing it thinly, pop it into the freezer for 15 minutes, then slice). Toss the beef with cornstarch, soy sauce, ginger, and sesame oil, and let it sit while you prep the veggies.
2. Cut the broccoli head into evenly sized-florets.
3. Heat a wok or skillet over medium-high heat, and test it for heat by adding a few drops of water. If they sizzle and burn up immediately, the pan is hot enough.
4. Add the marinated beef. Toss frequently for a couple of minutes until the beef slices are cooked, then remove the meat to a big bowl.
5. Add the vegetable oil to the pan, and toss in the garlic and red pepper flakes. Immediately add the broccoli and cook, stirring frequently, for 2-3 minutes until the broccoli is bright green and still crisp but slightly tender. Remove the broccoli to the same bowl that contains the beef.
6. Add the snow peas to the pan and cook for 1-2 minutes, until slightly tender but primarily crisp, then add the reserved cooked beef and broccoli and stir it all together for 1 minute! Enjoy with rice or noodles if desired.

#### Strawberry Butter

##### Ingredients:

- 1/2 c. sliced strawberries
- One stick of softened salted butter

##### Instructions:

1. Combine strawberries and butter in a food processor-pulse on and off until the butter is combined. Spread on toasted pound cake or bread.

### Farm Favorite Recipes:

#### Kohlrabi & Squash Skillet

##### Ingredients:

- 4 slices smoked bacon
- 1/2 onion, diced
- 1 kohlrabi, thinly sliced
- 1/2 pound yellow crookneck squash, sliced
- 3 cloves garlic, crushed
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon red pepper flakes

##### Instructions:

1. Cook bacon in a large skillet over medium-high heat, turning occasionally, until beginning to crisp and release bacon drippings.
2. Add onion and kohlrabi to skillet; cook and stir for 5 minutes. Add yellow squash, garlic, red pepper flakes, salt, and black pepper. Cook until squash has released some liquid but is not soggy, about 10 minutes. Serve immediately.

Scan the QR code for more  
farm-favorite recipes!



# FATHER'S DAY SUPER HERO BREAKFAST

June 17th  
8AM-12PM

Visit with  
Spiderman &  
Captain America!

Breakfast Menu:  
Breakfast Sandwiches, Hashbrowns,  
Biscuits and Gravy, assorted  
breakfast pastries, coffee, and juice.



CALLING ALL  
SUPERHEROES!

\$15/adult (12+ years)  
\$10/children 12 & under

For tickets, please visit:  
[OldMcDonaldFarmStand.com](http://OldMcDonaldFarmStand.com)

## Father's Day!



Let Dad know he is #1 in your book this  
Father's Day!



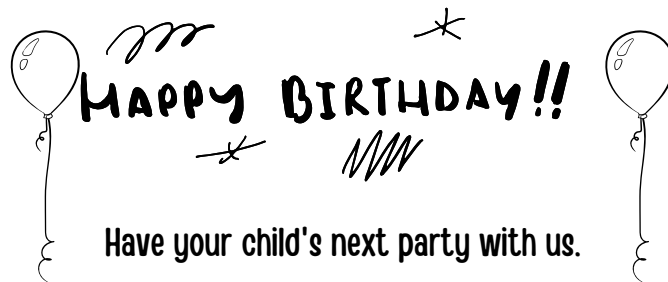
Father's Day Gift Baskets COMING SOON!

OLD MCDONALD HAD A FARM STAND

PRESENTS  
THE BRODBECKS BAND  
**CONCERT**

JUNE 30TH, 2023  
6 PM

[WWW.BRODBECKSBAND.COM](http://WWW.BRODBECKSBAND.COM)



Have your child's next party with us.

You can book our venue for your child's upcoming  
birthday party. Each party is personal and  
individual, with multiple themes available.

Birthday packages include ten children for \$200-  
each additional child is \$10.

**Did You  
Know?**

Kohlrabi is related to cabbage,  
broccoli, kale, cauliflower, and  
brussels sprouts.

The peonies this week were  
procured from C.N. Flower  
& Grain Farm located in  
White Hall, Maryland. A  
flower farm offering event  
florals, buckets of flowers  
for do-it-yourself  
arrangements.



Visit our storefront location Wednesday- Saturday!

We have watermelon, blueberries, cherries, strawberries, and other fresh  
produce.

We would love to make your next celebration extra sweet. Order your  
birthday, graduation, or other summer celebration desserts!

60 E. High St, New Freedom, PA