

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

OLD McDONALD
HAD A



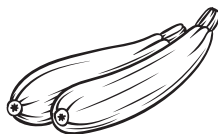
60 E. High St.
New Freedom, PA

FARM STAND

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

This Week's Box:

1. Tomatoes
2. Grape Tomatoes
3. Poblano Peppers
4. Green Zucchini
5. Yellow Squash
6. Yellow Beets
7. Blueberries
8. Mini Chocolate Bunt Cake
9. Caramel Mini Lava Cake
- 10.



Farm Favorite Recipes:

Stuffed Poblano Peppers

Ingredients:

- Olive oil spray
- 4 medium poblano peppers (1 lb. total weight w/ refuse, 12 oz. cleaned)
- 1 tbsp olive oil
- 2 medium tomatoes, diced (10 oz.)
- ½ medium onion diced (4 oz.)
- 1 tbsp fresh garlic minced
- 1 tsp kosher salt
- 1 tsp dried oregano
- 1 tsp ground cumin
- 2 c cooked chicken breast shredded (10 oz.)
- 1 c part-skim mozzarella shredded (4 oz.)
- ½ c fresh cilantro chopped
- ½ c sharp cheddar shredded (2 oz.)



Instructions:

1. Preheat your oven to 400°F. Line a baking sheet with foil and spray it with oil.
2. Rinse and dry the poblanos. Cut a thin slice off the tops and remove the core and seeds. Cut a slit down the side of each pepper. Set aside.
3. Heat the olive oil in a large, deep skillet over medium-high heat. Add the tomatoes, onion, garlic, salt, oregano, and cumin. Cook, stirring often, until liquids have evaporated, 5-7 minutes. Off heat, stir in the chicken, mozzarella, and cilantro, mixing well.
4. Divide the filling among the peppers, adding it from the top and pressing it to fill the entire pepper. Pack the filling into each pepper to prevent it from spilling onto the baking sheet.
5. Place the peppers on the prepared baking sheet, slit side up. Lightly spray them with olive oil. Bake until the poblanos are soft and charred in places, about 30 minutes (the smell will be excellent!).
6. Remove the baking sheet from the oven and switch the oven to broil. Top the peppers with the cheddar cheese, sprinkling the cheese on the open part where you've cut the slit.
7. Broil the peppers 6 inches below the heating element (not directly below) just until the cheese is melted, 1-2 minutes. Let them rest for 5 minutes before serving.

Farm Favorite Recipes:

Blueberry Dump Cake

Ingredients:

- ½ c butter
- 1 c flour all-purpose
- 1 c sugar
- 1 c milk
- 1-pint blueberries



Instructions:

1. Preheat oven to 375. Spray a skillet with cooking spray or grease it with butter and set aside.
2. In a bowl, melt the butter (30 seconds in the microwave does the trick for me), pour in the flour, sugar, and milk, and whisk to combine until no big clumps remain. Pour into the prepared skillet.
3. Sprinkle the blueberries evenly around the top of the batter.
4. Bake for 40-45 minutes or until the edges turn slightly brown. Remove from oven and allow to cool for 10 minutes.
5. Serve warm or cold.

Scan the QR code for more
farm-favorite recipes!



OLD MCDONALD HAD A FARM STAND

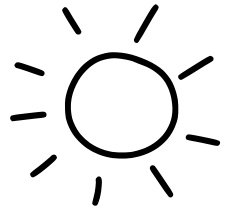
PRESENTS
THE BRODBECKS BAND
CONCERT

JUNE 30TH, 2023
6 PM

WWW.BRODBECKSBAND.COM



WEEK 7



As the weather heats up, we recommend leaving a cooler outside for your items if you will not be home during our delivery window.



be
HEALTHY
eat
HEALTHY

Poblano chiles don't just bring flavor to recipes. They contain many health benefits too! Containing significant amounts of vitamin C and vitamin A, these green chiles contribute to both eye and skin health. Not only that, but the chile poblano also helps fight pain and inflammation (thanks to the capsaicin it contains). When poblano peppers are cooked (roasted in most cases), they take on a sweet, fruity flavor with hints of smokiness.

**TEDDY BEAR
PICNIC**

Boxed Lunches & Kids Activities

July 8 9am- 2pm • 60 E High St, New Freedom PA



What's a gardener's
favorite veggie?

Beets me!



Happy
Father's
Day

We don't say it enough, so say it extra today: Thanks for everything you do, dads.



Custom Cookies:

Our in-house decorator will hand-decorate each individual cookie just for you! Baby Showers, Bridal Showers, Wedding Favors, Birthday Favors, Milestone Birthdays, Graduations, and any other occasion. Cookies come individually wrapped.

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