

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. Corn
3. Broccoli
4. "Candy Onions"
5. Garlic
6. White Peaches
7. Green Zucchini
8. Cucumbers
9. Green Beans
10. Sweet Cherries



Farm Favorite Recipes:

Zucchini Cornbread

Ingredients:

- 10 oz (about 2 cups) grated zucchini
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ c butter (4 ounces)
- $\frac{3}{4}$ c cornmeal
- $1 \frac{1}{2}$ c all-purpose flour
- 1 tsp sea salt
- 1 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $1 \frac{1}{2}$ tbsp fresh oregano
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 cup sharp cheddar, grated
- 2 eggs, room temperature, preferably
- $\frac{1}{2}$ c buttermilk (or sub-full-fat plain yogurt)
- $\frac{1}{8}$ c maple syrup
- $\frac{1}{2}$ c corn kernels
- 2 green onions, finely chopped
- $\frac{1}{2}$ - 1 jalapeño, finely chopped



Instructions:

1. Preheat oven to 350 F. In a 10" cast iron skillet, melt butter and set aside to cool.
2. Mix grated zucchini and $\frac{1}{4}$ tsp of salt in a small bowl. Set aside.
3. Combine cornmeal, flour, salt, baking powder, baking soda, oregano, cumin, paprika, and $\frac{3}{4}$ cup grated cheddar in a large bowl. Add the jalapeño, corn, and scallions. Mix to combine well.
4. In a separate bowl, beat the eggs, and add buttermilk and maple syrup. Pour the cooled, melted butter from the cast iron pan into the egg mixture, whisking a little at a time as you go. You will be baking the cornbread in the nicely buttered skillet, so don't clean it out! Brush sides with butter.
5. Place salted zucchini in a cheesecloth or clean dish towel and gently squeeze the excess liquid.
6. Add the wet egg mixture to the flour/cornmeal mixture. Ever so gently fold in the zucchini, mixing to combine. It will be pretty thick, more like dough than a batter. Carefully press into the skillet, smoothing just enough to even it out. Sprinkle with the remaining cheese.
7. Bake on the middle rack for 35-40 minutes until deeply golden and puffed.

Farm Favorite Recipes:

Cucumber Party Sandwiches



Ingredients:

- 1 package (8 ounces) of cream cheese, softened
- 2 tablespoons mayonnaise
- 2 teaspoons Italian salad dressing mix
- 30 slices cocktail rye or pumpernickel bread
- 60 thin cucumber slices
- Optional: Fresh dill sprigs and cracked black pepper

Instructions:

1. Beat cream cheese, mayonnaise, and dressing mix until blended; let stand for 30 minutes.
2. Spread the cream cheese mixture on the bread. Top each with two cucumber slices and, if desired, dill and red onion slivers. Refrigerate, covered, until serving.

Scan the QR code for more
farm-favorite recipes!





The Brodbeck's Band Concert
June 30th, 2023
6PM-8PM

Join us for a family-friendly evening of music at Old McDonald had a Farm Stand.

Be serenaded by the sounds of summer! Snacks, Sandwiches, and Drinks will be available.

Please bring a lawn chair and plan to make a night of it!



PICNIC
Teddy Bear

FOOD | FUN | FRIENDS

Celebrate Teddy Bear Picnic Day with us!

Be sure to bring your favorite Teddy Bear & a blanket to sit on. Boxed lunches will be available for children (boxed lunches will be available for purchase for adults).

JULY 8TH
10AM - 2PM

OldMcDonaldFarmStand.com

What is a Candy Onion?



Candy onions are a hybrid and fall between the common and sweet onion categories. They are sweeter and less sulfuric than conventional onions, but some Candy onions are still considered more pungent than typical sweet cultivars.

Should you eat corn that has fallen off the stalk?



Maize well.



As we celebrate this great nation, have a safe and festive holiday with your family and friends. Happy fourth of July!

★ ★ ★ ★ ★ ★
HAPPY
Fourth
•f JULY

From your friends at:
Old McDonald had a Farm Stand

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!