

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. Lemon Poppy Seed Pound Cake
2. Slice of Coconut Cake
3. Kale
4. Tomatoes
5. Cheddar Cauliflower
6. Hull Peas
7. Onions
8. Asparagus
9. Strawberries
10. Garlic Scapes/Cherries



Farm Favorite Recipes:

Cauliflower Bites

Ingredients:

- 2 c cauliflower florets
- 1 c cheddar cheese
- 1 egg
- ¼ tsp oregano (optional)
- ¼ tsp garlic powder (optional)
- salt and pepper to taste



Instructions:

1. Preheat oven to 375F. Grease a 24-cup mini muffin tin with oil and set aside (you can also use a 12-cup standard muffin tin).
2. Place cauliflower florets in a microwave-safe bowl and cover with plastic wrap. Microwave for 7-8 minutes or until cauliflower is tender. This step can also be achieved on the stovetop by blanching cauliflower in hot water for 5 minutes. Be sure to drain well.
3. Place steamed cauliflower in a food processor and pulse for a few seconds or until the cauliflower resembles rice. Remove from the food processor, place in a clean dishcloth, and squeeze to drain as much water as you can out of the cauliflower.
4. Place cauliflower in a large bowl. Add egg, cheddar cheese, herbs, and salt & pepper. Mix with a spoon until thoroughly combined. Scoop a tablespoon of the mixture into each muffin tin using a cook scoop or by hand.
5. Bake for 12-15 minutes or until the edges are golden and the middle is no longer soft. Remove from oven and cool for a few minutes before removing from pan.
6. Serve with your favorite dipping sauce. We recommend our bacon jam, strawberry jalapeno jam, or secret dipping sauce.

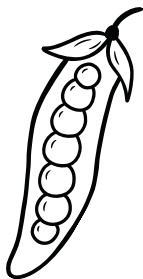
If you have muffin pan liners, use them because they will ensure the cauliflower bites don't stick to the pan.

Farm Favorite Recipes:

Southern Peas with Bacon & Rice

Ingredients:

- 4 slices of bacon
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- ⅛ tsp. red pepper flakes
- 3 c. of hulled hull peas
- 3 c. water
- ¼ c. sliced green onions
- Cooked rice, to be served as a base



Instructions:

1. In a large Dutch oven, fry the bacon (rendering out the fat) until crisp; drain the bacon strips on paper towels, and then crumble it. Reserve the fat in the Dutch oven.
2. Cook the onion in the fat for about 4 minutes (until softened), add the garlic and red pepper flakes, and stir-fry the mixture for another minute.
3. Stir in peas and water, and cook until tender, about 30-35 minutes. Season with additional sea salt and freshly ground black pepper, as needed.
4. Ladle over a bowl full of rice, and top with bacon crumbles and sliced green onions.

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.



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

CALLING ALL
SUPERHEROES!

For tickets, please visit:
OldMcDonaldFarmStand.com

Father's Day!



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



Father's Day Gift Baskets and other
unique gifts available in store now.

OLD MCDONALD HAD A FARM STAND

PRESENTS
THE BRODBECKS BAND
CONCERT

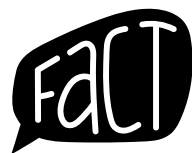
JUNE 30TH, 2023
6 PM

WWW.BRODBECKSBAND.COM



What do you call a Disney
movie about vegetables?

A fairy kale!



Cheddar Cauliflower: The flavor is
mildly sweet and creamy and is a
great addition to salads, soups and
can be enjoyed cooked or raw.



Visit our storefront location Wednesday- Saturday!

Custom-made cupcakes, cakes, and cookies are available for order.

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

Stop in the store to order or e-mail us at info@oldmcdonaldfarmstand.com

60 E. High St, New Freedom, PA



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