

BIG ROCK ORGANICS

AT LAMB OF GOD FARM

CSA NEWS LETTER WEEK 6

What's in the Box?

This week you will find the following fresh vegetables:

Bright Lights Swiss Chard, Red Russian Kale, String Bean Medley, Medley of Beets, Turnips, Zucchini, Yellow Squash, Red Cabbage, Broccoli, Suyo Long Cucumbers, Napa Cabbage, Baby Boc Choi and Sage, Garlic

Field News

Perfect Growing Weather glad we did get some rain last night stopped in time to start the picking schedule at 6am Got soaked in a downpour.. now sunny Looking for a rainbow!

Please feel free to share interesting recipes you find as you search the internet and social media sites.. We love to



Greetings from the farm....

...Moving into our sixth week together! New items include Red Cabbage , Broccoli and Suyo Long Cucumbers!!

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Suyo Long Cucumbers...

An heirloom variety from Northern China..one of my favorites, so crunchy,sweet and burp-less!! Odd looking, but so good!!

Glazed Turnips (epicurious.com..and our intern Kristy!)



Summer Squash Zoodles

Spiralize or shred zucchini into noodle like strands.

Spread on paper towels, salt lightly and let sit for 15 minutes.

Cook ground lamb until done , drain, fry up 1/2 thinly sliced onion toss into zucchini/yellow squash noodles, toss in with 1 tsp apple cider vinegar and 1 tbs greated cheese

RED CABBAGE

.Slcie 1/2 head of cabage, add 1/2 teas salt and pepper, 1 teas sugar and 1/2 c. apple cider vinegar stir together , place in refrigerator for 1 hour before serving.can last up to 1 wk in refrig in an airtight container!...

ZUCCHINI SOUP

Modified from Allrecipes

1 pound Italian sausage
1 teaspoon dried

2-3 turnips, 1 1/2 cups water, 2 tbs butter, 1 tbs sugar, 1/2 teas. salt, garnish with chopped parsley

Peel and cut up turnips in quarter, Place in a skillet with water, butter, sugar and salt.

Boil for 10 minutes on high heat, stirring occasionally.. Continue to boil uncovered for an additional 8 minutes until water has evaportated.Saute turnips on moderate heat for about 5 minutes more, add the 3 tbs water and stir to coat turnips with the glaze..

Zucchini Soup Recipe..

ZUCCHINI SOUP

Modified from Allrecipes

1 pound Italian sausage	1
teaspoon dried oregano	
2 cups chopped celery	1
teaspoon dried basil leaves	
2pounds sliced zucchini	1
teaspoon Italian seasoning	
1 cup chopped Vidalia onion	
1/2 teaspoon garlic powder	
3 (14.5oz) cans diced tomatoes	1/2
teaspoon white sugar	
1 (14.5oz) can stewed tomatoes	

(chicken broth as needed for extra liquid

1 red bell pepper, chopped in step 3)

1 cup chopped carrots

DIRECTIONS

1) In a large pot over medium high heat, saute the sausage for about 8 minutes, or until browned. Drain excess fat. Add the celery and carrots and continue to cook for about 10 minutes, stirring occasionally.

2) Add the zucchini, onions, tomatoes, oregano, Italian seasoning, sugar and garlic powder. Reduce heat to medium low. Cover and simmer for 30 minutes.

3) Remove cover and add the bell pepper. Add chicken broth if needed for volume. Continue to simmer for about 10 minutes.
