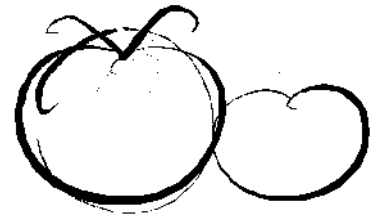


From the Garden Gate

Avalon Farm's Share of the Farm Program

August 9, 2010; Week 10 of 20



Extend your 12-week Summer Season

The 12 week summer share will end the week of August 30. If you'd like to keep the fresh produce coming, we can extend it for the rest of the full season – until Oct. 18. The rate would be the same weekly rate you're currently paying. Please email us at AvalonOrders@ctsmail.net if you're interested.

Soak your broccoli and cauliflower

We try to control bugs and crawly friends without sprays, however it's very challenging with some crops especially broccoli and cauliflower which have many natural hiding spots.

Please soak them in heavily salted water for a few minutes and rinse for eating. The salt forces the crawlies out of their hiding spots.

Summer is fair season too

Experience more of agriculture with a visit to a county fair. The Kalamazoo County Fair is taking place this week and the Calhoun county fair is next week.

Support these ambitious young people with a purchase at the Kalamazoo County Fair auction Thursday. Many animals from rabbits and chickens to hogs and steers will be sold. Buyers have the option of taking the live animal home, reselling them at the local auction house or having them butchered.

The Albright family who supplies our pork shares won the 260 pound Showcase Market Hog at the recent Michigan Livestock Expo.

Orders for peaches and sweet corn

We will have stone fruit in mid-August. Definitely peaches, possibly nectarines and plums too. They're always a shorter season than we'd like so if you might want additional quantities, please let us know now. We don't have a price yet and you won't be committed to taking some, but we'll be sure to get you the details when they're available and you can place an order then.

Additional sweet corn is available – \$4/dozen. Reduced rates for a bushel or more. To place an order please call Kelly at 269-207-3047 or email us at avalonorders@ctsmail.net.

Share contents will vary

Throughout the week some produce will come in and out of season. We try to keep consistent contents all week, however it doesn't always work that way. New and other products or quantity may be substituted.

We try to highlight items in the newsletter that will be included in your share, however mother nature isn't always ready when we are.

Recipe – Tomato ‘n Corn Risotto

2-1/2 cups water
2 cups whole milk
3 tablespoons chicken broth
1 large onion, finely chopped
2 tablespoons butter
1 garlic clove, minced
3/4 cup uncooked arborio rice
1-1/3 cups fresh corn (about 5 ears of corn)
1 medium tomato, peeled, seeded and chopped
1/2 cup grated Parmesan cheese
1/2 cup fresh basil leaves, thinly sliced
1/2 teaspoon salt
Pepper to taste

In a large saucepan, heat the water, milk and broth; keep warm.

In a large skillet, saute onion in butter until tender.

Add garlic; cook 1 minute longer. Add rice; cook and stir for 2-3 minutes. Stir in 1 cup hot water mixture. Cook and stir until all liquid is absorbed.

Add remaining water mixture, 1/2 cup at a time, stirring constantly. Allow the liquid to absorb between additions. Cook until risotto is creamy and rice is almost tender. (Cooking time is about 20 minutes.) Stir in the remaining ingredients; heat through. Yield: 5 servings.

Recipe – Green Bean Salad

1/2 pounds green beans, steamed
1/2 cups grape tomatoes, sliced in half
3 tablespoons Italian salad dressing (any type of vinegar based dressing will work)
1 pinch salt and pepper, to taste

Place the green beans (pre-steamed to desired level of doneness) and tomatoes in a mixing bowl.

Pour dressing over the vegetables and season with salt and pepper.

Recipe – Pasta With Marinated Tomatoes and Mozzarella

1 1/2 pounds tomatoes, diced
1/2 small sweet onion, roughly chopped
2 tablespoons extra-virgin olive oil
8 ounces bocconcini (small balls of fresh mozzarella), quartered, or fresh mozzarella, cubed
kosher salt and pepper
1 pound dried fettuccine
1/2 cup fresh basil, torn

In a large bowl, gently combine the tomatoes, onion, oil, bocconcini, 1 1/2 teaspoons salt, and 3/4 teaspoon pepper. Set aside and let marinate at room temperature for at least 10 minutes.

Meanwhile, cook the pasta according to the package directions. Add the drained pasta and basil to the marinated tomatoes and toss to combine. Divide among individual bowls.
