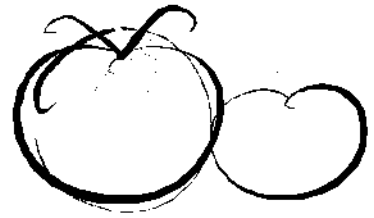


# **From the Garden Gate**

## *Avalon Farm's Share of the Farm Program*

August 2, 2010; Week 9 of 20



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### ***Veggie ID and Recipe Ideas***

If you receive an item you're not quite sure what it is or at a loss ideas of what to do with it, here are some places to turn for help...

- [www.AvalonFarmsHomegrown.net](http://www.AvalonFarmsHomegrown.net), veggie ID page and recipes
- [www.JohnnySeeds.com](http://www.JohnnySeeds.com)
- [www.Burpee.com](http://www.Burpee.com)
- [www.HarrisSeeds.com](http://www.HarrisSeeds.com)
- [www.EveryDayFoodMag.com](http://www.EveryDayFoodMag.com), Martha Stewart's everyday magazine
- [www.TasteofHome.com](http://www.TasteofHome.com)

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### ***Kelly will be Unavailable Aug. 4-13***

Kelly will be touring the food systems in other countries from Aug. 4-13.

If you need assistance during that time (to place an extra order, make vacation arrangements, etc.) please email them to her at [Kellygogreen@yahoo.com](mailto:Kellygogreen@yahoo.com). Her phone will go directly to voicemail and will be monitored, but not regularly. We can also be reached at [AvalonOrders@ctsmail.net](mailto:AvalonOrders@ctsmail.net).

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### ***Additional Sweet Corn Available***

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](mailto:avalonorders@ctsmail.net).

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### ***Invoices***

Most share deliveries will include an invoice this week. If you have questions, please drop us a line at [AvalonOrders@ctsmail.net](mailto:AvalonOrders@ctsmail.net).

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### ***Orders for Peaches***

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.

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## ***Recipe – Veggie Noodle Side Dish***

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1 small sweet red pepper, julienned  
3/4 cup cut fresh green beans  
3/4 cup thinly sliced fresh carrots  
1/4 cup chopped red onion  
1 tablespoon canola oil  
1 package (3 ounces) ramen noodles  
1 yellow summer squash, sliced  
1 medium zucchini, sliced  
1/4 cup chicken broth  
1 tablespoon soy sauce  
1 teaspoon fajita seasoning mix

In a large skillet or wok, stir-fry the pepper, green beans, carrots and onion in oil for 4 minutes. Meanwhile, cook noodles according to package directions (discard seasoning packet or save for another use).

Add the remaining ingredients to the vegetable mixture; cook and stir until vegetables are crisp-tender. Drain noodles; add to vegetables and stir until blended. Yield: 4 servings.

## ***Recipe – Grilled Bread With Zucchini, Ricotta, and Basil***

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4 1/2-inch-thick slices country bread  
2 tablespoons olive oil  
4 small zucchini (about 2 pounds), thinly sliced lengthwise  
1 cup fresh basil, leaves torn  
1/4 teaspoon crushed red pepper  
kosher salt  
1 cup fresh ricotta

Heat grill to medium-high. Brush the bread with 1 tablespoon of the oil and grill until golden and crisp, about 1 minute per side. Transfer to plates.

Grill the zucchini until tender and slightly charred, 3 to 4 minutes per side. Toss in a large bowl with the basil, red pepper, 1/2 teaspoon salt, and the remaining tablespoon of oil.

Top the bread with the zucchini and ricotta.

## ***Recipe – Peach & Blueberry Cobbler***

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3 tablespoons unsalted butter  
3 tablespoons canola oil  
1 cup whole-wheat flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup reduced-fat milk  
1/2 cup sugar  
1 teaspoon vanilla extract  
3 ripe but firm peaches, (about 1 pound), pitted and sliced into eighths, or 3 1/2 cups frozen  
2 cups (1 pint) fresh or frozen blueberries

Preheat oven to 350 degrees F.

Place butter and oil in a 12-inch cast-iron skillet or a 9-by-13-inch baking pan. Heat in the oven until melted and fragrant, 5 to 7 minutes.

Meanwhile, combine flour, baking powder and salt in a large bowl. Add milk, sugar and vanilla; stir to combine.

Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon peaches and blueberries evenly over the batter.

Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.