



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
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CSA NEWSLETTER WEEK #8, JULY 21TH 2009

July 21, 2009

Hello Everyone,



The farm has been a very busy place lately. We have been harvesting and planting for later in the season at the same time. We have finally started picking our first corn this weekend! It was planted in April and then covered with REMAY cloth until June. This has definitely helped the corn grow faster, as the corn that was planted at the same time but not covered with the cloth is still at least a week away from harvest.



Corn is not our only crop that we have just started to harvest; everyone will also get a few new items this week. We are happy to announce that our first garlic and onions will be a part of everyone's share. Cucumbers, green beans, and a leaf lettuce mix and baby beet green combination (this mix can be eaten as you normally would eat any of our salad mixes) will also be included in everyone's share, along with basil and chive plants. In addition, full shares will be receiving collards, kale, beets, and Asian mix in their boxes.

Eggs are not in your boxes this week, but as always our stand is open for any additional purchases. Also, please note that we are still accepting some additional CSA shares for anyone that you know that is still interested. Please have them email me their name, shares size (full or ½), and pick up day of their choice. They can then get an application from www.stonegardensfarm.com and bring it and the payment (\$450 full/ \$225 ½) with them when they pick up their first box. Due to the addition of more CSA shares the numbers on your boxes may have changed again, we are sorry for the inconvenience but as the boxes go in alphabetical order according to last name we have made new labels to accommodate our new shares. Please look for the box that has your name on it, not the box with your previous number, your new box should be in the general vicinity of your old box. Thank you for understanding.

Enjoy,

Stacia

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SUMMER CORN BREAD

3 tbsp. butter
1 1/2 cups milk
2 eggs
1/4 cup vegetable oil
1 cup corn kernels
1 tbsp. fresh sage, finely minced
3 tsp. baking powder
1 tbsp. sugar
1 tsp. salt
3/4 cup yellow cornmeal
1/2 cup flour

Preheat oven to 400 degrees. Put butter in a heavy cast iron skillet and place skillet in the oven for at least 10 minutes.

In a bowl, whisk together the milk, eggs, and vegetable oil. Stir in corn kernels, sage, baking powder, sugar and salt. Stir in cornmeal and flour to make a batter. Remove the skillet from the oven and place on a padded surface. Swirl the melted butter to coat the sides of the skillet. Pour batter into hot skillet and bake for 30 to 35 minutes, until bread is golden and sides are crispy and pull away from the pan.

Roasted Garlic ingredients list:

4 cloves of garlic.
1/2 cup of chicken broth.
2 tablespoons of butter.
1/2 teaspoon of dried leaf thyme.
1/4 teaspoon of ground black pepper.
1/4 teaspoon of salt.

Instructions for Roasted Garlic:

Remove the outer peel from the garlic.

Place the garlic cloves in a baking dish.

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Dab each clove with butter.

Sprinkle the garlic cloves with thyme, pepper and salt.

Pour the chicken broth into the dish.

Cover the dish with foil and bake at 350°F (175°C) for one hour, basting frequently.

Uncover the dish and bake at the same temperature for another 15 minutes.

From Garlicrecipes.org

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