

# The Harvest Report

VOLUME 1, WEEK 9

JULY 27, 2009

**SPECIAL POINTS OF INTEREST**

-Corn and Tomatoes!! Enjoy our Sweet Sweet Corn and Tomatoes this week!

-ThisThurs I will be at the Good Samaritan Hospital for a mini-market! Come see me and get some free produce for being a member!  
July 30th 11-2:30

Please let me know about the quality of your produce! Feedback goes a long way...!

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## Word from Farmer Sara

Hello to you all!

**Corn, Corn, Corn!**

Things are really kicking off here at the farm with new items growing everyday. Our corn is here and I'm so excited for you to try it! It is so sweet and tender that you can eat it raw and be blown away. I have loved, loved, loved corn my whole life-but never TRULY knew corn until I came to this farm. The taste and quality blows store bought corn out of the water.

This last weekend I was fortunate to get away long enough to go camping. Do you want to know my biggest bulk food item? CORN! I roasted corn all weekend long.

You can roast corn on your BBQ at home. Leave the ear in the shucks and put it on the burner. It takes a good 15-20 min. but the result is worth it. The shucks will get very brown, even black or burnt, but it steams the inside to make the corn soft. Smother it in butter, and that's a meal in itself!

Warning-these ears may contain a bug or two. As the season for corn comes on, so does the earworm that feeds on the corn! Since we do not spray, you may be finding these little guys later in the season. Don't panic- The ear is still good! The worm feeds on the top of the corn, so you can easily cut off the top and eat the rest! This is just the price to pay with a No Spray policy that we have, but I wanted to give you a heads up on our corn friend now!

**Corn Festival!**

To celebrate our love of corn, we are going to be hosting a Corn Festival here on our farm! It will be a three day festival: August 21-23. There will be Roasted Corn, Hay rides, Water Balloon fights, Races, and Games!

This will be a fun time to take your family or friends out here to eat some good corn and tour our farm with the hayride! As this event comes closer, we will post more information for you.

**Produce to Come**

- Garlic
- Cucumbers (2)
- Summer Squash (2 lbs)
- Lettuce
- Parsley
- Potatoes

There are some great things coming on that will be in your box next week and the following week. Bell Peppers are sizing nicely. We will be able to put some green bell peppers in your box next week, and some red bell peppers later this season.

Leeks! If you love leeks as much as I do, you'll be glad to hear that they are coming on fast and we may be able to have some in the next couple weeks!

Our Tomatoes are getting redder by the day, so you will enjoy a few this week, and receive more the next few week as well.

Tomatillos are ready now and you will be receiving those next week. These are what Salsa Verde is made out of, which is my favorite salsa! Soon, I'll be putting most of the ingredients for salsa in your box.

I hope that you are enjoying your produce, and please let me know if there is anything that I can help you with.

-Sara

## In your box this week...

**3/4 Box**

- Sweet Corn! 3 ears!
- Beans-Yellow Wax (2 lbs)
- Tomatoes-Beefsteak! (3)
- Salad Mix (.5 lbs)
- Cauliflower
- Carrots
- White Turnips

**Full Box** (items in 3/4 box) In Addition to:

- EXTRA: Salad Mix
- EXTRA: Corn
- Basil
- Tomatoes

**Recipes?**

If you have some recipes that you would like to share with everyone, please send them my way!

**Carrots:**

Generally, cooking spoils the nutritional value of food items. But, in the case of carrots, it is the contrary, their nutritional value increases when cooked.

Carrots are well known to be one of the richest sources of vitamin A. Actually, Carrots holds beta-carotene, which is high in anti-oxidants, and then your body converts it to Vitamin A.

<http://healthy-vitamins-tdr.com/vitamins-in-carrots.php>

**Vitamin A:**

Vitamin A, a fat-soluble vitamin, helps your eyes adjust to light changes when you come in from outside and also helps keep your eyes, skin and mucous membranes healthy and moist.

Vitamin A also maintains healthy immune functions and reproduction.

<http://www.lifeclinic.com/focus/nutrition/vitamin-a.asp>

# Roasted Corn

**BBQ GRILL**

- Leave the shucks on the ear of corn.
- Put the whole corn on the BBQ racks. Flip every 3-5 mins.
- The corn shucks will turn brown and some will even burn to a black.
- Cook for at least 15-20 mins until all sides are dark brown with no visible green.
- Pull Shucks down to bottom of corn and use as a handle!
- Lather with butter, Salt, and Pepper
- Enjoy!

\*Tip: If you open the corn and it is not cooked all the way, you will see that the kernels are different shades of Yellow. Pull Husks back over corn, and tie with a string. If no string is present, make sure to pull all silks from corn, they will catch on fire, and place back on grill.

**OVEN**

- Pull shucks down to expose the corn.
- Spread butter, salt, pepper on corn
- Pull shucks back over corn and tie with a string to ensure a closed corn for steaming
- Bake at 350 for 30-40 mins. Then let them finish cooking and cool down for 5-10 mins.
- Remove shucks if desired, or pull them down to make a handle

Sara

# Lettuce Rolls

This is a basic recipe for wraps. Use your imagination! Add your favorite veggies and spices. The spices and sauces are key in lettuce wraps. I use whatever in season veggies I have on hand.

**Ingredients**

- Large Lettuce Leaves
- 4 cups Boneless Chicken
- 3/4 water chestnuts
- 2 cup Asian noodles I like the crispy Asian noodles, but can use the canned cooked noodles!
- 1/2 chopped Green Onions
- 2 cloves minced Garlic
- 5-8 leaves minced Basil
- 3 tablespoon Soy Sauce

- 3 tablespoon sesame oil
- 4 tablespoon Rice Vinegar
- Peanut Sauce
- 1-2cup shredded cucumber
- 1-2 cup shredded Summer Squash
- 1-2 cup Shredded Carrot
- 1-2 cup Shredded Cabbage

\*\*The veggies vary on how much you want and what you like! Try small amounts of everything!

**Directions-Its fun to build as you eat!**

1. Mix all ingredients into a large bowl, and mix well.
2. Cover and Microwave for 2-3 mins until warm.
3. Empty onto the middle a large platter
4. Arrange lettuce leaves to surround the filling and serve! Dip in Peanut Sauce!

\*I like to leave the Cucumbers, Carrot, and Cabbage out of the filling, and place in piles on the platter with the leaves so you can choose how much to put on top of the filling for a crispy zest- It also presents a great looking platter as a party appetizer! Put the peanut sauce in a nice dipping container and arrange on platter as well.

\*Try sprinkling dry roasted peanuts over the whole platter for a great look and taste

# Food Preservation

Learn how to preserve your produce all year, free!

Topics cover canning and pickling in-season fruits & veggies including green beans, pickles, and much more .

- July 25
- Aug. 1
- Aug. 15
- Aug. 29
- Sept. 12
- Sept. 26

[Click Here](#)

## Notes to Remember

### Good Samaritan Mini-Market:

- I will be at the Good Samaritan Hospital for a mini farmers market THIS Thursday, July 30th.
- Green Gable Farms will be there with us selling their beautiful flowers!
- We will be located outside of the cafeteria in the main hospital building from 11-2:30pm.
- All CSA members will receive \$3 of free produce if you come and visit us!

### Food Preservation:

- This Saturday, join us for our food preservation class! Kellie and Jim will be hosting a 'walk-through' on how to make green beans!
- There will be two sessions: 1pm and 2:30pm
- The session will be held at our farm stand on Hwy 20. Come learn how to preserve your food!
- For more information, contact Kellie at [heavenlyharvest@teleport.com](mailto:heavenlyharvest@teleport.com) or call 541-753-5795

### Basil: Did You Know...?

In addition to its culinary uses, basil is also used in perfumes, soaps, shampoos and dental preparations. In Mexico it is supposed to keep a lover's eye off others, and in Italy it is a token of love; in Romania if a girl gives a sprig to her boyfriend, they are engaged.

There are over 40 known varieties of basil including some very unusual ones which have flavors including cinnamon, lemon, and anise.

<http://www.foodreference.com/html/artbasil.html>

[http://www.merrynjose.com/artman/publish/article\\_259.shtml](http://www.merrynjose.com/artman/publish/article_259.shtml)

### Schedule of Events

- } Good Samaritan Hospital Market  
Thursday July 30th, 11am-3:00pm
- } Canning Class  
Saturday Jul 25th & Aug 1
  - July 25- Pickling
  - Aug 1- Green Beans
  - Aug 15 & 29 Topics TBA
- } Stand is Closed Sundays  
Open Mon-Sat, 9-7:00p.m.
- } Corvallis Wed Market  
Wednesdays, 3-7:00p.m.  
New Location, Downtown 2nd & B
- } Eastbank Thurs Market  
Thursdays 3:30p.m.- 7:30p.m.
- } Corvallis Sat Market  
Saturdays, 9a.m.-1:30p.m.
- } Newport Sat Market  
Saturdays, 9a.m.-1:00p.m.
- } Beaverton Sat Market  
Saturdays, 9a.m.-1:30p.m.

## JULY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Stand Closed	29	30	1 Corvallis M	2 Eastbank M	3	4 Corvallis M Beaverton M Newport M
5 Stand Closed	6	7	8 Corvallis M	9 Eastbank M		11 Corvallis M Beaverton M Newport M
12 Stand Closed	13	14	15 Corvallis M	16 Eastbank M	17	18 Corvallis M Beaverton M Newport M
19 Stand Closed	20	21	22 Corvallis M	23 Eastbank M	24	25 Corvallis M Beaverton M Newport M Canning Demo
26 Stand Closed	27	28	29 Corvallis M	30 Eastbank M Hospital M Good Sam M	31	1 Corvallis M Beaverton M Newport M Canning Demo

Have a great week and enjoy your produce

### THE HARVEST REPORT

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