

SPECIAL  
POINTS OF  
INTEREST

Nineteenth week of  
our Summer CSA .

- Please let us know if you have any questions or comments!

# The Harvest Report

WEEK 19

OCTOBER 05, 2010

## Word from Farmer Jim



Honey for October is Arrowleaf clover. This honey is much lighter and sweeter than other honeys. It crystallizes quickly, with a beautiful white cast to it. When crystalline, it goes great in tea. When liquid, it goes great in yogurt.

If your honey has crystallized, placing the container in hot water for 15 minutes will help return it to its liquid state. Do not heat honey in the microwave as this alters its taste by increasing its hydroxymethylfurfural (HMF)

content. To prevent honey from sticking to measuring cups and spoons, use honey that is in its liquid form.

Honey makes a good replacement for sugar in most recipes. Since honey is sweeter than sugar, you need to use less, one-half to three-quarters of a cup for each cup of sugar. For each cup of sugar replaced, you should also reduce the amount of liquid in the recipe by one-quarter of a cup. In addition, reduce the cooking temperature by 25°F since honey causes foods to brown more easily.

**Serving Ideas:** Use honey in place of table sugar as a sweetener in your tea. Drizzle apple slices with honey and sprinkle with cinnamon. To enjoy sweetened yogurt without excess sugar, mix a little honey into plain yogurt. A delicious sand-

wich that is enjoyed by kids of all ages is a combination of peanut (or almond) butter, with bananas and honey. In a saucepan over low heat, combine soymilk, honey and unsweetened dark chocolate to make a deliciously nutritious chocolate "milk" drink.

It is important to keep honey stored in an airtight container so that it doesn't absorb moisture from the air. Honey stored this way in a cool dry place will keep almost indefinitely. One reason for this is that its high sugar content and acidic pH help to inhibit microorganism growth. Honey that is kept at colder temperatures tends to thicken, while honey that is kept at higher temperatures has a tendency to darken and have an altered flavor.

Thanks! Jim & crew

## In your box this week...

### Veggie Box:

- Bag of Salad Mix
- Egg plant
- Carrots
- Broccoli
- Bell peppers
- Swiss chard
- French Green Beans
- Zucchini
- Basil
- Beef steak tomato
- Kale
- Additional items

### Add-Ons:

- Eggs \*Weekly\*
- Meat \*Monthly\*
- Bread \*Weekly\*
- Honey \*Monthly\*
- Goat Cheese \*weekly\*

Please bring your boxes back!!



### Fresh Broccoli Quiche

- 2 tablespoons butter
- 1 onion, minced
- 1 teaspoon minced garlic
- 2 cups chopped fresh broccoli
- 1 (9 inch) unbaked pie crust
- 1 1/2 cups shredded mozzarella cheese
- 4 eggs, well beaten
- 1 1/2 cups milk
- 1 teaspoon salt
- 1/2 teaspoon black pepper

1 tablespoon butter, melted

Preheat oven to 350 degrees F. Over medium-low heat melt butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese. Combine eggs and milk. Season with salt and pepper. Stir in melted butter. Pour egg mixture over vegetables and cheese. Bake in preheated oven for 30 minutes, or until center has set.

**No bacon!**



### Broccoli Cheese Soup

- 3/4 cup butter; 3/4 cup all-purpose flour; 9 cups chicken stock; 9 cups milk; 1 teaspoon salt
- 1 1/2 teaspoons white pepper; 5 cups fresh broccoli florets
- 1 1/2 pounds processed cheese, shredded; 3 cups shredded Cheddar cheese

### Directions

Melt the butter in a large pot over medium heat, and mix in the flour. Reduce heat to low, and cook, stirring constantly, about 2 minutes. Mix in the chicken stock and milk, and season with salt and white pepper. Bring to a boil, reduce heat to low and simmer about 10 minutes. Bring a pot of lightly salted water to a boil. Place the broccoli in the boiling water, and cook 2 minutes, or until just tender. Remove from heat, drain, and set aside. Gradually mix the processed cheese and Cheddar cheese into the large pot until melted. Mix in the broccoli. Continue cooking about 5 minutes.

### Broccoli Salad:

1 head fresh broccoli, cut into bite size pieces; 1/2 cup raisins; 1/4 cup red onion, chopped  
 2 tablespoons white sugar; 3 tablespoons white wine vinegar; 1 cup mayonnaise  
 1 cup sunflower seeds; 10 slices bacon

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. In a salad bowl, toss together broccoli, raisins and red onions. In a separate bowl, whisk together the white sugar, vinegar and mayonnaise. Pour over broccoli mixture and toss to coat. Refrigerate for at least 2 hours. Before serving, sprinkle with sunflower seeds and crumbled bacon. Toss and serve. (allrecipes.com)



**We hope you enjoy these. If you have a recipe you would like to share, we'd love to try it! Send it in to [CSA.HeavenlyHarvest@hotmail.com](mailto:CSA.HeavenlyHarvest@hotmail.com)**