

SPECIAL
POINTS OF
INTEREST

Ninth week of our
Summer CSA .

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

The Harvest Report

WEEK 9

JULY 27, 2010

Word from Farmer Jim

Cabbage and carrots will start to be available in the next two weeks. We are having more produce available in our farm stand and the farmers markets.

Melons are growing like crazy and we will have a lot of them. We need to get another shot of fish fertilizer on them.

The eggs we just put in our farm stand and CSA are free range eggs. The eggs from McK Ranch are free range and the feed supplement contains no corn or soybean. This eliminates the chance of GMO corn or soybean contamination and being consumed by the layers.

Food safety can be an issue during the summer months at home. It is relatively easy to prevent foodborne illnesses if you re-

member 5 basic rules. The most important thing you can do is to **wash your hands** — frequently . If you change a diaper, use the restroom, pet an animal or prepare food, then wash your hands . Use **warm water and soap and take at least 20 seconds** to thoroughly wash them. Use a nail brush to clean around finger nails to remove dirt and feces.

Almost all pathogens are killed when food is heated to 160 degrees F. Cooking is essential to making foods safe so **cook foods adequately**. The best way to make sure food had been heated to the correct temperature is to use a thermometer to check internal temperatures. If reheating foods, then heat them to 165 degrees F. Poultry needs

to be cooked to 165 degrees F.

Cross-contamination is a common mistake made in the home. Touching raw meats and then handling prepared foods or using the same cutting board or surface without cleaning it can be a source of cross-contamination. Sanitize your food preparation surface before and after using them to prepare foods. When barbecuing do not use the same plate and utensils for raw and cooked meats.

Store **foods at safe temperatures**. Keep hot foods above 140 degrees and cold foods below 40 degrees F. **Avoid food and water from unsafe sources**.

Thanks! Jim & crew

In your box this week...

Veggie Box:

- Bag of Salad Mix
- Beets
- Cucumbers
- Swiss Chard
- Beans

- Blueberries
- Zucchini
- Kale
- Cilantro
- Saladette Tomato
- Other items

Add-Ons:

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

Nutritional Benefits Taken from web sites

They are an excellent source of flavonoids, especially one called anthocyanidins, an anti-oxidant that is anti-inflammatory and keeps the elasticity of capillary walls. It is a phytonutrient that is responsible for its deep colors. Blueberries are also rich in vitamin B2, C and E, manganese, soluble and insoluble fiber such as pectin.

Health Benefits

The exceptional health benefits of blueberries is mainly due to its high quality phytonutrient, anthocyanidins, which is rated as the best and highest capability anti-oxidant.

Alzheimer's Disease

prevention: Blueberries help protect the brain from oxidative stress, improve learning capacity and motor skills. Consumption makes the person alert in a healthy way, unlike stimulants.

Bladder infection: Blueberry juice has a unique compound that is able to cleanse E.coli bacteria from clinging to the cells lining the urinary tract, making it an effective potion to stop recurring bladder infections.

Cancer: The ellagic acid in blueberries is an anti-cancer property that can help retard the growth of tumor and cancerous cells.

Cholesterol: The soluble fiber pectin not only helps lower cholesterol but its anti-oxidant virtue is also important in combating oxidation of cholesterol.

Constipation: The fiber in blueberries promote ease in bowel movement. Drink half a cup of blueberry juice twice a day on empty stomach half hour before food to encourage movements.

Diarrhea: Like for bladder infection, the anthocyanosides in blueberries help kill the E.coli bacteria which is a common cause for diarrhea. Particularly effective when diarrhea is caused by food poisoning. Another compound, tannins, also help to firm up loose stool in this case.

Inflammation: The powerful proanthocyanidins in blueberries is an excellent anti-oxidant that can help combat inflammations like **osteoarthritis** and **gout**.

Nasal congestion: This magical fruit contains a substance called vasodilators that help dilate blood vessels, providing temporary relief for nasal and lung congestions.

Vision: *Helps improve vision and providing protection against age-related macular degeneration. Also particularly helpful in improving night vision, including easier and quicker adjustments to darkness or sudden glares. Also instrumental in protecting against the development of cataracts and glaucoma and diabetic retinopathy.*

Blueberry Muffins

Ingredients:

1 1/2 cups all-purpose flour ; 3/4 cup white sugar; 1/2 teaspoon salt; 2 teaspoons baking powder
1/3 cup vegetable oil; 1 egg; 1/3 cup milk; 1 cup fresh blueberries; 1/2 cup white sugar
1/3 cup all-purpose flour; 1/4 cup butter, cubed; 1 1/2 teaspoons ground cinnamon

Directions:

Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with muffin liners.

Combine 1 1/2 cups flour, 3/4 cup sugar, salt and baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg and enough milk to fill the cup. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.

To Make Crumb Topping: Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1 1/2 teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking.

Bake for 20 to 25 minutes in the preheated oven, or until done.

Source: allrecipes.com

Our Kids Recipe: Fill a glass 3/4 full of frozen blueberries and fill the glass with milk or at least to cover the blueberries. Wait 2-3 minutes until the milk freezes and then enjoy ice milk blueberries.



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