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## Fresh Picks Newsletter

### August 14, 2021

Thanks to everyone who came out and brought friends to our Open House last week! It's always great to visit with members and meet their friends. We had a chance to showcase our All-Natural beef and lamb (awesome sliders, guys!), Chef Daniel's talent (those pickles...!) the new farm store, and of course, our awesome organic veggies! The pups and goats were as popular as ever. :)

#### **Porter Farms Postcards**

I had some new postcards made up for the Open House and will include a few in your bags this week. Will you please take the time to share them with friends, post in your office, at your place of worship, kids' karate school, library, etc.? Word-of-Mouth has always been our best advertisement - we appreciate your kind words and support! We always accept new members throughout our season at a prorated fee, just email me at [csa@porterfarms.org](mailto:csa@porterfarms.org) and I can easily add your friends. Thanks!



#### **REMINDER**

**Special Family Event - Yoga with Elena**  
**Sunday, August 15 @ 9:00 am**  
**Free and Open to the Public**

Yoga and fun for the entire family! Join us for a family yoga class with Elena, 200 RYT in the fields of Porter Farms. Class is suitable for all ages and levels. Please bring your own mat, water, and bug spray.

After class, enjoy a complementary green smoothie made with Porter Farms' spinach!

## **Farm News**

Sweltering heat at the farm this week - many thanks to our devoted crew that keeps on going despite the weather - they are the BEST! Tuesday morning we were able to transplant Asian greens before the thunderstorms hit - we got some much-needed rain, but with this heat, it's already dry again. Hopefully we'll get more rain Friday afternoon. We spent most of the day Thursday in our orchard harvesting peaches and Pristine apples. Our orchard looks fantastic! Growing certified organic orchard fruit is extremely challenging - we do not spray anything on our fruit, but are very diligent with mowing and weeding the orchard. The fruit is not perfect, but it is delicious!

### **Tomatoes**

Again this year, our tomatoes are taking longer than usual to ripen. We utilize red plastic mulch on our tomatoes. since field tests show that yields increase when it is used. Once they ripen, we should have a huge bounty!

### **Pristine Apples**

"One of the best early-season apples, Pristine is literally a 'golden apple'. The flesh is pale yellow, crisp, and breaking and the taste is a spicy balance of sweet and acid. This apple wants to be eaten right away; it drops readily, bruises easily, and does not store for more than a few weeks. Pristine comes from the Purdue, Rutgers, and Illinois Universities breeding program."

(Source: cumminsnursery.com)

*The apples in your bag this week do have bruises on the skin, but not the flesh. They are ugly, but delicious! Store them on your counter, but eat them as soon as possible.*



Georgie approved!

### **Farm Store Hours**

Wednesdays 9:00 am - 3:00 pm

Saturdays 9:00 am - 1:00 pm

*Offerings in our farm store may vary from week to week, so be sure to stop in after you grab your bag on Saturdays!*



Small Share



Full Share

### In the Bag

- PEACHES! - *Let ripen on your counter for a few days*
- Pristine Apples
- Tomato Berries
- Banana Peppers
- Beets
- Onions
- Pickling Cucumbers
- Cucumbers
- Yellow Squash
- Zucchini

**Next week - watermelon!**

### Chef's Corner

This week Chef Daniel will be making a Greek salad - stop by for a sample after you grab your bag!

### Recipes

[Bread & Butter Pickles](#)

[Another Dill Pickle Recipe](#)

[Cucumber-Lime Vodka Coolers](#)

[Greek Salad](#)

[Easy Baked Peaches](#)

[Homemade Applesauce](#)

[Stuffed Zucchini Boats](#)

[Grilled Yellow Squash with Red Onion and Feta](#)

[Grilled Beets](#)

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