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Fresh Picks Newsletter

August 7, 2021



REMINDER

Open House
Saturday, August 7
11:00 am - 1:00 pm
Free & Open to the Public

As a reminder, tomorrow we're hosting an Open House at the farm to promote the CSA and farm store to the public. Come on out and enjoy FREE FOOD! Chef Daniel will be making all kinds of goodies with Porter Farms' products, including LAMburgers with our All-Natural ground lamb, salads, and sliders using our All-Natural ground beef. We'll have extra veggies to give away and will be raffling Porter Farms' swag and a free share for the remainder of the season. There'll be activities for the kids, and they can meet our new goats, "Jake & Elwood"! Katie and Pete's border collies, Charlie and Cricket (always popular with members), will also be available for pats and play.

This is a great day to visit the farm - we'll be showcasing all our recent upgrades - our farm store will be open and you can top off the day with a complementary sweet treat from Ice Cream & Chill, a local food truck! Bring your friends for a fun farmy day. Can't make it? Tell your friends anyway - this event is free and open to the public!



RESCHEDULED

Special Family Event - Yoga with Elena Sunday, August 15 @ 9:00 am

*Due to the rainy weather this past Sunday, this event has been rescheduled for *next Sunday, August 15*.

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 (a towel could

work as well), water, and bug spray. After class, enjoy a complementary green smoothie made with Porter Farms' spinach!

**This class is free and open to the public, so tell your friends!*

Farm News

This week we continued the endless task of weeding and also transplanted lettuce and kale. We cut open one of our sugar baby melons this week and it wasn't fully ripe, but with another week of heat and sun in the forecast, they should be ready soon. We also have tons of green tomatoes on our plants that should ripen this week as well. Unfortunately, the cukes, zukes, and yellow squash are starting to look a bit "tired" from the effects of Downy Mildew.

This week we are fitting ground to prepare to transplant the last of our fall brassicas (cabbages, kales, mustard greens, etc.) To prevent cross-contamination from pests, we plant our fall brassicas as far away as possible from our spring plantings. We are particularly concerned with Swede Midge.



Swede Midge

Swede midge (*Contarinia nasturtii* Kieffer) is a serious insect pest of cruciferous plants such as cabbage, cauliflower and broccoli because the larvae feed on and disfigure or destroy the growing tip of the plant. The first discovery of swede midge in the US was in 2004 on a broccoli farm in Niagara County, NY. The insect is native to Europe and southwestern Asia and has been known in North America only since 2000 when it was identified in Ontario Canada. Swede midge has the potential to spread to most crucifer growing areas in the US and Canada. (Source: <http://web.entomology.cornell.edu/shelton/swede-midge/>)



Coming Soon - Melons and Tomato Berries!

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!

Recipe

Our mom/grandma was an amazing cook and we were spoiled with all her delicious homemade recipes. She used fresh veggies from our (huge) garden long before we started our CSA. She froze and canned everything so we could enjoy the flavor and nutritional benefits fresh veggies



In the Bag

- Assorted Peppers
- Cabbage
- Red Onions
- Pickling Cucumbers
- Cucumbers
- Yellow Squash
- Zucchini

offer throughout the year. Here's one of Farmer Mike's favorites from our mom:

Dorothy Porter's Coleslaw

**All measurements are approximate - we believe this to be an adaptation of our Polish Grandma's recipe. Please adjust to your family's tastes.*

Ingredients:

1 medium cabbage, shredded
2 medium carrots, shredded
1 medium onion, diced small

Dressing:

1/3 cup mild oil (canola)
1/3 cup apple cider vinegar
1/4 - 1/3 cup sweetener (sugar, honey, maple syrup, etc.)
A few dashes of celery salt or a few pinches of celery seed*
Black or white pepper to taste
Salt to taste (use less if using celery salt)

**The celery seed/salt adds a nice flavor, I use about 3 pinches of celery seed.*

Instructions:

In a large bowl, combine cabbage, carrots, and onions. In a small bowl or liquid measuring cup, combine dressing ingredients, mixing well. Pour dressing over vegetable mixture and stir thoroughly. Cover coleslaw and refrigerate for 3 hours before serving. Flavors intensify if refrigerated overnight.

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