

Music To My Ears

by Kim Tait

This morning's rain brought welcome relief to the endless hot and dry days of late summer. As I listened to water pour out of the sky, it was music to my ears and I could only imagine how thankful all the plants were. A September rain like this often marks the beginning of a seasonal transition as summer starts to wane. It is such a bittersweet moment because I know it means that all the beautiful foods of summer will soon disappear. I find myself wanting to hold on to tomatoes and corn, not because I don't love what comes next, rather because I want to eat it all! So the next couple weeks will allow me to indulge in the best of both worlds. The other thing I know is that once we cross over to true fall and the light and temperature levels continue to go down, the tomatoes start to taste different, their texture changes and my desire for them instantly goes away. But until that moment comes, I will enjoy the bounty of the late summer harvest, knowing it will soon be time to embrace Delicata squash and delicious fall greens!

Part Time Help Needed on the Farm



Harvest Shop help needed through fall & holiday season, approx. 20 hours a week, must be flexible & able to work some morning, afternoon and weekend shifts.

Manufacturing help needed, approx. 2 days or 15 hours a week throughout the fall and holiday season. Some heavy lifting is required.

Please call the office, 466-2386, for further information.



Cook's Column

By Steve Spanelli

Garlic-Braised Kale and Sun-Dried Tomatoes

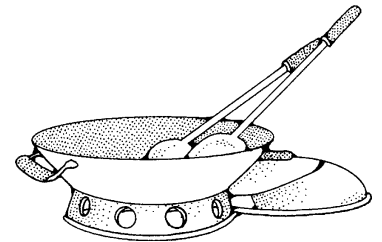
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| 1 tablespoon olive oil | ½ cup water |
| 6 cloves garlic, thinly sliced | 2 tablespoons mirin |
| 1 red onion, diced | 1 teaspoon balsamic vinegar |
| Sea Salt | ½ cup toasted hazelnuts, chopped |
| 3 tablespoons sun-dried tomatoes, softened, diced | |
| 1 bunch kale, stems and leaves diced, separated | |
| 1 lemon, zested | |



- ~ Place the oil, onions, and garlic in a deep skillet or wok over medium heat. Cook for about two minutes and add the sun-dried tomatoes, stir.
- ~ The kale stems go in next and saute for a couple of minutes, then add the leaves. Season with the sea salt and lemon zest cook for another two minutes.
- ~ Add the water and mirin, cover and reduce heat to low. Cook until the kale is wilted, about 8 minutes. Remove from heat stir in the vinegar and serve topping with the hazelnuts.

Stir-Fried Tatsoi with Ginger

- 3 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- 1 teaspoon fresh ginger, finely minced
- Pinch red pepper flakes
- Sea salt
- 1 bunch tatsoi, rinsed and sliced
- Brown rice vinegar



- ~ Place the oil, garlic, ginger, and red pepper flakes in a skillet over medium heat. When the garlic begins to sizzle (don't let it burn), add a pinch of salt.
- ~ Add the tatsoi and saute for about 5 minutes. Sprinkle with a little vinegar and serve.



IN THE HARVEST SHOP



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(814) 466-3411
www.taitfarmfoods.com

IN THE GREENHOUSE



Decorate for Fall!

Mums, Gourds, Pie Pumpkins,
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COMMUNITY CALENDAR



State College Farmers Market
Fridays on Locust Lane
11:30 am to 5:30 pm