

by Erin McKinney

Your nose will probably tell you while you are in the barn that we harvested the garlic this past weekend. We had planted a little more than usual last year and it seems that the yield is good. We will not know the exact count until we tie each and every garlic head up in bunches of a dozen. Then they will hang on the rafters in the barn. A beautiful garland which to me signifies the beginning of the end of summer. Garlic is one of the first crops that pokes its little green sprouts through the ground in spring. This is usually when it is still windy and snowing, so it gives a lot of hope of summer to come. Harvesting it however, reminds me of storage crops. Since it is the first of a lot of stock that we need to build up for the winter. There is a lot of processing involved in preparing garlic for proper storage, so it will be quite a while before we get to enjoy it.

So other than practicing our 'downward facing harvester' yoga pose in the fields while pulling hundreds of pounds of garlic and carrots, we have been working on those fall crops. As I was planting the collards and kale, I could almost see myself bundled up in layers, picking the last few leaves from the plants in the snow. Let's hope this is further away than I think! (Should I mention that the geese are already migrating???)

Back to summer, there is a bit of an issue with the cool evenings we have had. It seems to be inhibiting the zucchini and other squash quite a bit. They like it above 60 degrees, and are happiest between 70-90 degrees. With it dipping down into the low 50's, and even upper 40's overnight, we haven't seen much growth. They will come in abundance, I am sure of it; they are just taking their good ole time. And for the summer stars (tomatoes, cucumbers & peppers) they are looking wonderful. I hope you enjoy the tasty cukes this week! It is still not tomato time, but we of course are getting close. The peppers look great, they are beginning to turn color and are almost ready. Soon, but never soon enough.

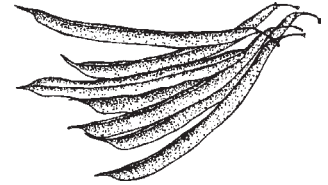
Cook's Column

By Silius Conroy

(workshare and sous chef at Elk Creek Cafe)

Sauté of "Purple" Beans, Garlic and Toasted Almonds

½ lb. "purple" beans, snipped and rinsed
2 tablespoon unsalted butter
1 clove garlic, minced
1 tablespoon almond slivers
1 tablespoon vegetable stock (or water)
Salt and pepper



- ~ Place a sauté pan over medium heat and add almonds. Keeping the pan close to the heat source, toss frequently for about 1 minute or until fragrant.
- ~ Remove the pan from the heat, add the butter. Next, return the pan to the heat and allow the butter to melt completely before adding the beans and a small pinch of salt and pepper. Saute for 1 minute.
- ~ Finally, add the minced garlic and sauté briefly (about 30 seconds) before adding the stock. Swirl the pan several times to combine the butter and stock. Bring liquid to simmer, check the seasoning to taste and serve!

Crisp Dilled Beans

2 lbs. green beans 2 C water
4 cloves garlic 1/4 C canning salt
1 tsp. red pepper 1 Pint vinegar
4 large heads dill



- ~ Stem beans and pack upright in hot sterilized jars.
- ~ To each pint, add 1/4 tsp red pepper, 1 clove garlic and 1 head of dill.
- ~ Heat together water, salt and vinegar. Bring to a boil; pour over beans.
- ~ Seal at once.
- ~ Process in boiling hot water bath 5 minutes.

Makes 4 pints; can be doubled.

I find the longer these set on the shelf, the better they are. De-lish!!

Thanks to Lynne McCormack for this recipe.

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Community Harvest (814) 466-2386

Katy/office ~ taitfood@earthlink.net

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COMMUNITY CALENDAR

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

Volunteers are always welcome at the farm. Please call 466-2386 for more information or email Erin at communityharvest@earthlink.net.

Needed: Clean, plastic grocery bags

**Community Harvest members
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