




Subscribe to the Farm Market Fresh Sheet!

We send out newsletters with what's fresh in the Farm Market including all of the deli offerings. In addition, look for easy, tasty recipes, information about events and special offers—plus beautiful photos! To subscribe, send an email to: generalinfo@21acres.org.

September 7

Fresh Produce:

Lynden Blue Grapes - Cloud Mountain Farm Center
Bartlett Pears, Red and Green - Cloud Mountain Farm Center and Collins Family Orchards
Apples - eating varieties are rolling in. Look for Honeycrisp, Candy Time, Sansa and more
Italian Plums - Collins Family Farm
Melons - varieties from Tonnemaker and Alvarez Organic Farms: Canary melon, Yellow Doll Watermelon and Green and Orange Fleshed-Cantaloupes.
Yellow Peaches - Collins Family Farm
Yellow Nectarines - Collins Family Farm
Pluots - Flavor Queen, Dinosaur Egg and Flavor Grenade - Collins Family Orchards
Broccoli - Hopewell Farm
Cauliflower - Hedlin Farms
Beets - Red, Chioggia and Golden
Turnips - Ralph's Greenhouse
Kohlrabi - Skylight Farms
Corn - Alvarez Organics
Cucumbers - Slicing, Diva, Pickling, Lemon, Adam 1 and Watermelon
Summer Squash - Zucchini, patty pan, crookneck, cocozelle and 8-ball
Red Cabbage - Ralph's Greenhouse
Carrots - Rainbow, Chantennay and seconds
Lettuce - Red leaf and Romaine
Arugula
Peppermint Chard - SAgE Farm
Mustard Greens
Tatsoi
Komatsuna
Kale - Red Russian, Siberian, Curly and Dino
Eggplant - Caruso Farm and La Connor Flats
Tomatoes - Heirloom, roma and cherry varieties
Onions, sweet and red cipolini - Alvarez Organics and La Connor Flats
Leeks
Bell Peppers - Caruso Farm and 21 Acres
Jalapeno & Black Jalapeno
Hungarian Wax Peppers
Basil - Italian, Red Opal, Lemon and Thai
Thyme, Rosemary, Sage, Oregano, Tarragon
Garlic & Elephant Garlic
Potatoes - many varieties



FARM MARKET: LOCAL, SUSTAINABLE FARM FRESH FOOD YEAR-ROUND

What's Fresh in the Farm Market: Wed-Sat, Aug. 24-27

21 ACRES
growing eating living

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What's Fresh in the Market

Hello All -- The weather forecast looks like Friday is going to be gorgeous! Take advantage of this late summer evening to enjoy dinner with us on the Farm. The last Friday of the month we host [Fridays on the Farm](#) through October and prepare a tasty meal in the outdoor oven in the meadow. We enjoy good food, good drink and good company. This Friday in addition to strolling the farm you can enjoy a crazy hat contest, Olympics-themed games and we'll even offer open mic opportunities! Anyone want to play an instrument, sing or recite poetry? We'd love to listen. Visit the [website](#) for more information and to [register](#). We look forward to seeing you!

Cheers!
Robin
Robin Crowder

Nutritionist Pantry: Watermelon

RECIPE: Refrigerator Watermelon Rind Pickles

Recipe developed by Sara Haas, RDN, LDN

Ingredients
5 cups watermelon rind, sliced into strips, about 2-inches in length by 1-inch* (about 1/2 of a medium watermelon)

Water, as needed
1 cup water
1/2 cup white vinegar
1/2 cup apple cider vinegar
**see attached size*

Fresh Ingredients

Here's what's fresh in the farm market this week and a message from Lisa! Now is the time to strike if you are interested in canning tomatoes, cucumbers or beans this year. They are growing well and will be gone before you know it. Email or call the Market Staff this week to reserve your order for pick-up next



September 7

Food to-go menu:

Quiche
Vegetable Quiche
Carrot and cheese sandwich
Turkey sandwich

Soups:

Hamburger Stew
Veggie Stew

Salads:

Roast Fingering and Tomato Ratouille
Greek Salad
Green Beans and Bacon
Potato Salad
Cauliflower and Bulger Salad

Bread:

Wednesday – Sourdough Rye with Hazelnuts & Chocolate
Thursday – Apple Sour
Friday – Rustic Country Sourdough
Saturday – Jalapeno cheese bread