



www.rockvillemarketfarm.net

# News from the Farm

July 28, 2010

## This week:

### Small Share:

- \* New potatoes (red)
- \* Cucumbers
- \* Cherry or plum tomatoes
- \* Parsley (curly)
- \* Garlic
- \* Cabbage
- \* Green beans

### Large Share:

- \* New potatoes (red)
- \* Pickling cucumbers
- \* Cucumbers
- \* Peppers
- \* Cherry or plum tomatoes
- \* Parsley (curly)
- \* Garlic
- \* Cabbage
- \* Yellow beans



**Chickens** coming to chicken share members and multi-species meat members August 11<sup>th</sup>. Additional shares still available!

## On the Farm

It's really not the most exciting time on the farm. We've settled in to a solid routine, the weeds are out of control and we're trying to catch our breath before the fall harvest. It has, by all accounts, been a good growing season. We have a long way to go but things are shaping up well. Next week we will start harvesting our pasture-raised chicken (2500 in total) and in September, we will start harvesting our fifteen acres of winter squash. It's an exciting time to be involved in agriculture, though; we count our blessings every day.

### Come visit the farm and the Bobcat Cafe:

We love this place! Great home-brewed beer and above average pub fare, churned out using locally sourced ingredients - what's not to like? Located just down the road in Bristol, the restaurant is part of a growing empire that includes Black Sheep Bistro and the Bearded Frog. Our friends Erin and Sanderson have an unwavering commitment to quality. The burger with herbed fries is a classic. Eric is partial to the open-faced lamb burger. The Addison County Cobb Salad featuring our greens and eggs is a must! If you make the journey to Bristol make sure to stop by the farm for a visit. Just call ahead, we'd be delighted to show you around.





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*Share the Harvest!!!*



## Yogurt Cucumber Salad

### Ingredients

- 2-3 cucumbers
- 2 cloves garlic, minced
- salt to taste
- 2 tablespoons dried mint (or fresh dill)
- 1 cup plain yogurt
- 1 tablespoon olive oil

### Directions

1. Peel, quarter lengthwise, and seed cucumbers. Slice thinly. Mix together with garlic. Layer cucumber slices in a salad bowl, sprinkling each layer lightly with salt. Let stand for 30 minutes.
2. Pour off the liquid that has formed, pressing cucumber firmly. Crumble mint over cucumbers.
3. Beat yogurt until smooth; blend in a drizzle of olive oil if desired. Pour over cucumbers. Refrigerate until thoroughly chilled. **Source:** <http://allrecipes.com/Recipe/cucumber-and-yogurt-salad/Detail.aspx>

**Variations:** Substitute fresh dill for mint. Serve over a bed of lettuce. Add feta cheese. Add raw, chopped green onions. Lighten the garlic to bring out other flavors in the recipe.

**Uses:** This salad makes a great side dish for Mediterranean dishes or spicy Indian food. It also makes a great dip for crackers, cut vegetables or chips.

