



On The Farm

We have lots of sunflowers ready this weekend on the farm! We included them in our flower CSA bouquets and have enough to give everyone else a few to take home as well.

Next Thursday, the cider press opens! We are excited to have fresh pressed cider again.

IN YOUR BOX:

Apples

Kale

Swiss Chard

Cucumber

Summer Squash

Tomatoes

Corn

Apple Varieties Explained

The apples are getting plentiful and we are starting to have many different varieties available.

Honeycrisp are very popular and make great snacking apples. Yellow **Blondie** apples are great for eating and cooking. We also have **Jonathan** apples which are tart and good for cooking and eating. **Gala** are another popular variety that are well known as being sweet and crispy! We have lots of small Galas which are perfect for lunch boxes! **Sansa** are another great, sweet eating apple.

Harmony Acres Dairy

We continue to have Harmony Acres Dairy products available



weekly. Place orders by 10am Thursday morning.

We hope that you will come see us at the **Covered Bridge Festival** on September 21-22.

It will be open from 10am-5pm both days. We will be selling cider and donuts!

Recipe Corner: Easy Apple Salad

For the Salad:

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| 1 bunch lettuce or mixed greens | 1 apple |
| 1/4 cup sunflower seeds | 1/3 cup dried cranberries |
| 1/2 lemon | |

For the Dressing:

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| 1/3 cup olive oil | 1 Tbs. lemon juice |
| 2 Tbs. apple cider vinegar | 1 Tbs. maple syrup |
| 1 tsp. dijon mustard | 1 pinch kosher salt |

1. Slice the apple into quarters around the core. Slice the quarters into thin slices, then cut those into matchsticks leaving a bit of peel on both ends. Squeeze half a lemon over them.
2. Wash, dry, and chop the lettuce into bite size pieces. Toss with the apples.
3. Place the dressing ingredients in a small jar and shake to combine. Toss the dressing into the salad and garnish with sunflower seeds and dried cranberries.