On The Farm

This week, we have an abundance of lisianthus flowers! We made bouquets for everyone as well as homemade mixed berry jam. We hope that you enjoy these fun additions this week.

IN YOUR BOX:

Tomatoes

Peppers

Summer Squash

Lettuce

Flowers

Homemade Jam

Harmony Acres Dairy

We continue to have Harmony Acres Dairy products available for pickup during CSA hours on Friday and Saturday. Submit your order via this link. Orders are due by 5pm on Wednesday night. We sometimes have a few things available for purchase in the market if you forget to order!

Recipe Corner: Diane's Pepper Steak

We hope you will try out Diane's tried and true Pepper Steak Recipe that she has been making for 40 years! It's a good one!

Ingredients:

1 pound Beef Tip Round Steak
3/4 inch thick
1 tablespoon cornstarch
1/2 teaspoon sugar
1/4 teaspoon ginger
1/4 cup light soy sauce
3 medium green peppers
2 small tomatoes
2 tablespoons cooking oil
1 clove garlic, minced
1/4 cup water

Directions:

1. Partially freeze steak to firm and slice diagonally across the grain into very thin strips.
2. Combine cornstarch, sugar and ginger and stir in soy sauce. Pour mixture over meat and stir.
3. Cut green peppers into 1-inch squares and cut tomatoes into wedges.
4. Quickly brown beef strips (⅓ at a time) in hot oil and remove from pan.
5. Reduce heat; add green pepper, garlic and water to pan and cook until green pepper is tender-crisp, 5 to 6 minutes.
6. Stir in meat and tomatoes and heat through.
7. Serve over rice. Recipe makes 4 servings.

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