

THIS WEEK'S HARVEST

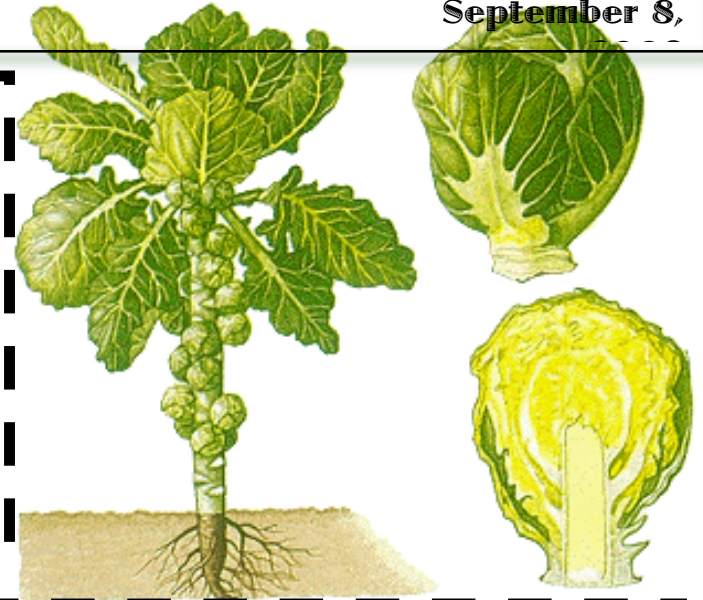
- Baby Beets w/greens
- Baby Turnips w/greens
- Basil
- Broccoli
- Brussels Sprouts
- Cabbage – ½ head
- Cucumbers
- Onions
- Parsley
- Sweet Pepper
- Tomatoes

ANNOUNCEMENTS

- If you happen to attend the Green Lake Harvest Fest or the From the Land Festival this fall, drop by our stand and say hello. Boerson Farm will have a booth at both events with some vegetables and pastured pork.
- Golden Days Harvest Festival–
- September 26-27
- From the Land Festival –
- October 24 - 25

Simple Grain Salad With Baby Roots

This simple meal can be made with any grains, though quinoa, millet, brown rice or wheat berries work nicely. Prepare the grain first and set aside when finished. While the grain is cooking, steam or roast baby beets, turnips, etc until tender. Mix cooked roots in with cooked grain. Add any type of nut oil, mayonnaise or other salad dressing to moisten as desired. Add sliced almonds, chopped fresh parsley, or any other extras that appeal to you. This salad can be eaten hot or cold, as a side or as a main dish.



Insalata Caprese Salad - Mozzarella, Tomato & Basil Plate

source: whatscookingamerica.net

- 1/2 pound fresh mozzarella cheese, sliced 1/4-inch thick
- 2 large ripe tomatoes, sliced 1/4-inch thick
- 1 cup fresh basil leaves
- Coarse salt and freshly ground pepper
- 2 tablespoons drained capers (optional)
- 1/4 cup extra-virgin olive oil

In a circular design around the side of a serving plate, alternate fresh mozzarella slices on a large platter (or on individual plates if you are doing individual portions) with sliced tomatoes, overlapping for effect.

Tear fresh basil leaves and sprinkle liberally over the slices. Add salt and freshly ground pepper to taste. Sprinkle capers over the top.

Just before serving, drizzle on some excellent extra-virgin olive oil. **NOTE: Insalata Caprese should never be allowed to sit in oil for any length of time and become soggy, and no vinegar of any kind goes on Insalata Caprese!**



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