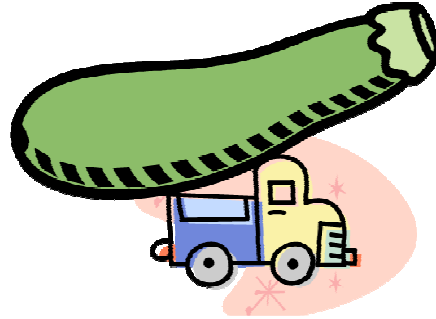




Urban Legend or True Story? You Decide....

I was visiting a friend in a sleepy town in the country. We went to the post office and she instructed me to lock my car doors while inside. "Why?" I asked. "There's no crime here." She said, "No, but it's zucchini season, and the locals will fill the backseat of any unlocked car with zucchini. Particularly if they have out of state plates."



It's Harvest Time

It's time to HARVEST!! And to keep those plants coming you've got to keep picking... Here's the nitty gritty on what is mighty bountiful right now:

Beans

Harvesting Tips

- Choose bright colored pods (greens, yellows, and purples!) that are flexible but feel crisp.
- Pick when the plants are dry to avoid spreading disease.
- Be very careful to snap off only the bean, not breaking the stems, or yanking up the whole plant. The plant will continue to produce flowers and fruit if the beans are picked continually and carefully.
- The more these are harvested, the more the plant will continue to produce beans.

Storage Tips

- Store unwashed in a perforated plastic bag in the refrigerator.
- Best if eaten within 1 week.

Broccoli

Harvesting Tips

- Cut the central head with 5-6" of stem after the head is fully developed and before the individual flowers begin to open.

- Once the central head has been harvested, smaller shoots will continue to grow and can be harvested. The more these are harvested, the more the plant will produce.

Storage Tips

- Store, unwashed in a plastic bag in the crisper drawer of the refrigerator. Broccoli tastes best when storage is brief.
- For long-term storage, broccoli freezes well. Blanch for 3-4 minutes, rinse in icy cold water to stop the cooking process, drain, let dry, and place in an airtight container such as a freezer bag.

Cucumbers

Harvesting Tips

- Pick cucumbers when they are of moderate size for their variety: for pickling cucumbers that's about 3-4 inches in length, for slicers pick at about 6-8 inches in length. Both types should be firm and crisp.
- Best when harvested early in the morning to avoid bitterness.

Storage Tips

- Refrigerate immediately! Once harvested, immerse in cold water and then store loose or in a loose plastic bag in the crisper drawer.
- A cucumber refrigerated after being cut or peeled will deteriorate rapidly! Use leftovers as soon as possible.

Farmers' Markets Fun Facts

Did you know...

- *Food travels 1,500 miles or more on average from farm to table. The food at Farmers' Markets is all produced locally and farmers are selling only what they produce.
- *Organic vegetables have a rich, full flavor and are loaded with vitamins, minerals and nutrients. Children are exposed to four times as many cancer-causing pesticides in their food as adults. Organic produce contains NO carcinogenic pesticides.
- *Only 1 in 10 children ages 6 to 11 eats the recommended 5 daily servings of fruits and vegetables. Surveys of regular farmers' market shoppers show a significantly increase in their fruit and vegetable consumption.
- *The average U.S. citizen spends less than 12 percent of his or her disposable income on food. The farmers' market is both a great value and a great way to keep food dollars in the community, thus supporting OUR local economy
- *Organic farming creates no chemical runoff into waterways and soil, also contributing to a healthy ecosystem by sheltering wildlife, filtering impurities from our air and water, and increasing soil fertility rather than depleting it.

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Recipient Name
Street Address
Address 2
City, ST ZIP Code

RECIPES

Zucchini Bread

(adapted from RecipeZaar.com - makes 2 loaves)

- 4 cups grated zucchini (approx 2 medium)
- 4 eggs
- 1 cup fat (butter, margarine or vegetable oil, etc)
- 2 cups sugar
- 4 cups flour
- 3 teaspoons vanilla
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 teaspoon baking soda
- ¼ cup walnuts (optional)

Directions

- Preheat Oven to 350 degrees F.
- Grate the zucchini, and measure out four cups. Add to large mixing bowl.
- Add eggs, fat, cinnamon, salt, baking soda, vanilla and sugar. Stir together well.
- Add flour to the mixture, a bit at a time. Stir until all ingredients are mixed. The mixture should resemble thick pancake batter. If it is too thick, add another egg. Add nuts, if desired.
- Lightly grease and flour your bread pans, or spray them with nonstick cooking spray.
- Carefully spoon the mixture into bread pans, stopping when the mixture is about 3/4 of the way to the top.
- Bake for 35 minutes, or until a golden brown. Take out loaves, and let them cool five minutes before removing the bread from the pans to finish cooling on a wire rack.