



**Regional Food Hub Serving
NC & SC Counties**

**Anson, Montgomery,
Richmond, Stanly, Union &
Chesterfield**

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The Farm Fresh Scoop

July 29, 2014

Freezing summer's bounty is a good way to enjoy the taste of summer well into the winter months. The quality of the vegetables that you freeze will be best if you follow these simple freezing guidelines.

- 1) Many vegetables require blanching before freezing. Blanching is the process of immersing vegetables into boiling water for a specified amount of time. The time is specific to each vegetable. Blanching charts are available by calling your local Family and Consumer Science agent or at nchfp.uga.edu
- 2) Once removed from the boiling water the vegetables are plunged into icy water to stop the cooking process, then drained well and packaged.
- 3) Blanching not only kills surface bacteria but it inactivates natural enzymes in the vegetable that can affect its quality during storage.
- 4) Packaging is an important consideration to assure a high quality frozen product, too. Don't use bread wrappers or cottage cheese containers, for example, as they are not designed for long term freezer storage. Instead use freezer-grade plastic bags (not "storage bags") or freezer-grade plastic boxes or glass freezing jars. These containers will help prevent moisture loss and freezer burn, conditions that may also affect texture and flavor.
- 5) Be sure your freezer is set to a temperature of at least 0 degrees F. or lower. Most vegetables will maintain their quality for about a year at this temperature.
- 6) Finally, keep a refrigerator/freezer thermometer in your freezer compartment at all times to be sure the proper temperature is maintained.

Did You Know?

✚ *Frozen vegetables will cook in less time than fresh because the process of blanching and freezing helps to tenderize them.*

✚ *More tomatoes are consumed in the US than any other single fruit or vegetable.*

**PLEASE RETURN
YOUR EMPTY BOX
(WAX PAPER
REMOVED)
TO YOUR PICK-UP
SITE EACH WEEK.**

What's In Your Box?

Sweet Corn
Eggplant
Field Tomatoes
Peaches
Kale
Potatoes
Okra
Cantaloupe

Piedmont Produce-Allan Baucom
Andrews' Farm-Keith Andrews
Piedmont Produce-Allan Baucom
Phillips' Farm-Calvin & Tracie Phillips
David's Produce-David & Jackie Sherrill
David's Produce-David & Jackie Sherrill
David's Produce-David & Jackie Sherrill
Andrews' Farm-Keith Andrews

Union County
Montgomery County
Union County
Anson County
Richmond County
Richmond County
Richmond County
Montgomery County

QUICK AND EASY: Spicy Corn on the Cob

Ingredients:

4 ears of corn
1 tablespoon taco seasoning mix or lemon pepper

2 tablespoons butter or margarine
2 tablespoons water



Directions:

1. Heat oven to 400 degrees F.
2. Husk ears and remove silks.
3. Mix margarine and taco seasoning mix. Spread over corn. Place each ear of corn on double thickness aluminum foil. Sprinkle ears with water. Wrap securely in foil and twist ends. Place ears on oven rack.
4. Bake 15-25 minutes, turning once, until tender.

Timesaving tip: To microwave, place each ear on a double thickness of waxed paper or kitchen parchment paper. Omit water. Wrap securely and twist ends. Place on paper towel and microwave on High for 9-12 minutes, rearranging after 5 minutes.



QUICK AND EASY: Broiled Parmesan Tomatoes

Ingredients:

2 firm medium tomatoes
2 tablespoons grated Parmesan cheese (divided)
1 teaspoon chopped fresh or ¼ teaspoon dried basil leaves

2 tablespoons mayonnaise
1 teaspoon Dijon mustard

Directions:

1. Heat oven to 350 degrees F.
2. Wash and core tomatoes. Cut in half crosswise (or in ¾ inch thick slices). Place in a single layer on rack in broiler pan.
3. Mix mayonnaise, 1 tablespoon cheese, the basil and the mustard. Spread about 1 teaspoon of mixture over each tomato half (or slice).
4. Sprinkle 1 tablespoon cheese over tomatoes. Bake 8 minutes or until hot.
5. Set oven control to Broil. Broil tomatoes with tops 6 inches from heat for 2-4 minutes or until topping is golden and bubbly.

Chicken Souvlakia (Kabobs) with Tzatziki Sauce

Ingredients:

1 ½ lbs. chicken breast

Marinade:

¼ cup olive oil
½ teaspoon salt
2 tablespoons lemon juice
1 teaspoon oregano

2 cloves of garlic minced
dash of pepper



Directions:

1. Cut chicken breast into chunks.
2. In a large Ziploc bag combine marinade ingredients. Add chicken and refrigerate 1-2 hours.
3. Preheat grill.
4. Thread chicken onto pre-soaked wooden skewers. Discard marinade.
5. Grill kabobs on medium high for 8-9 minutes per side or until juices run clear. You may also bake them in an oven at 350 degrees for 20 minutes.

Tzatziki (Cucumber) Sauce

Ingredients:

1 6 oz. container of plain, Greek style yogurt
1 clove of garlic, minced
2 teaspoons white vinegar

1 half cucumber peeled, seeded and grated
1 tablespoon olive oil
½ teaspoon salt (or to taste)

Directions:

Combine ingredients and chill. Dip grilled chicken pieces in the sauce or spoon sauce over the kabobs when serving. This sauce also makes a tasty salad dressing or a dip for fresh vegetables.