



The Farm Fresh Scoop

August 5, 2014

Regional Food Hub Serving NC & SC Counties

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

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Pickles and relishes are a great way to enjoy this summer's array of fruits and vegetables long after the season is over. But you don't have to limit your pickling to just cucumbers. Peaches, green tomatoes, okra, squash and beans can also be pickled. Spiced apples, corn, pepper and pears can all be used to make relishes, too. According to the National Center for Home Food Preservation, quick-process pickled fruits and vegetables are easy to prepare and they make tasty additions to any meal. Below are some points to ensure high quality, and tasty, products.

- 1) Start with good quality, fresh fruits and vegetables.
- 2) Be sure that the vinegar you use is a commercial variety of at least 5% acidity. Using home made vinegars could pose a safety issue, especially if you plan to home can your products and store them at room temperature.
- 3) Salt is an integral part of many pickling processes. Canning or pickling salt that does not contain iodine or non-caking ingredients is ideal.
- 4) If you plan to can your pickled products, then modern, up-to-date tested recipes should be used. Read recipes carefully and follow the steps in the order given. Cutting corners may compromise the quality of the product and/or make it unsafe to eat.
- 5) Stainless steel, glass or un-chipped metal pans should be used when heating pickling liquids as they will not react with acids or salts to create discoloration or undesirable compounds. Do not use copper or brass.
- 6) Home canned pickled products should be processed in a water bath canner according to the times specified in the tested recipe. If you do not plan to process the jars in a water bath canner, then the pickles should be stored in the refrigerator, not at room temperature.
- 7) If you have questions about pickling, please be sure to contact your county Extension office for more information.

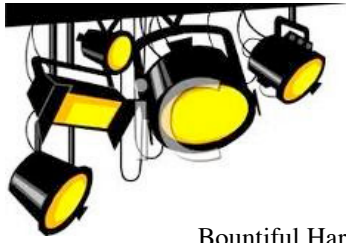
**PLEASE RETURN YOUR EMPTY BOX (WAX PAPER REMOVED)
TO YOUR PICK-UP SITE EACH WEEK.**

What's In Your Box?

Sweet Corn
Yellow & Green Squash
Field Tomatoes
Peaches
Jalapeno
Cabbage
Potatoes

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

Union County
Montgomery County
Montgomery County
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Richmond County
Richmond County



FARMER SPOTLIGHT

Bountiful Harvest Farm

Bountiful Harvest Farm is a small Anson County farm located in Polkton, North Carolina. The farm focuses on seasonal shiitake mushroom production as well as sustainable poultry production practices, and is certified animal welfare approved. Gary Sikes and his family raise heritage, free-range, layer and breeder birds from eggs, which are hatched, grown out, and processed on the farm. They specialize in Delaware and Chantecler chickens, and Bourbon Red turkeys. Heritage products include, but are not limited to ground chicken, sweet Italian chicken sausage, cranberry sage chicken or turkey sausage, and ground turkey. Reserve a whole turkey now for Thanksgiving. A complete listing of products can be found at www.bountifullharvestfarmnc.com.

Hamburger Dills

Yield: about 7 pints

4 pounds 4-inch cucumbers
3 ½ teaspoons mustard seed
4 cups vinegar

14 heads fresh dill
4 ½ cups water

6 tablespoons canning salt
14 peppercorns

Wash cucumbers; drain. Cut cucumbers into ¼ inch crosswise or lengthwise slices, discarding blossom ends. Combine salt, water and vinegar in a large saucepan; bring to a boil. Pack cucumbers into hot jars, leaving ¼ inch headspace. Add 2 heads of dill, ½ teaspoon mustard seed and 2 peppercorns to each jar. Ladle hot liquid over cucumbers, leaving ¼ inch headspace. Remove air bubbles. Adjust two-piece caps. Process 15 minutes in a boiling-water canner.

If you do not process the jars in a boiling-water canner then they must be kept under refrigeration.

Source: *Ball Blue Book*

Did You Know?

- ✚ Cucumbers contain enzymes that can make pickles soft, so be sure to cut off at least 1/8th inch from the blossom end of each cucumber when making pickles.
- ✚ The Department of Agriculture estimates that the average American eats 8.5 pounds of pickles a year.

Zucchini Pickles

Yield: about 4 half-pints

2 pounds zucchini, sliced (about 8 small)
1/3 pound onion, quartered and sliced (about 1 small)
¼ cup canning salt
1 teaspoon turmeric

2 cups sugar
2 teaspoons mustard seed
1 teaspoon celery salt
3 cups vinegar

Combine zucchini and onion; sprinkle with salt; add cold water to cover. Let stand 2 hours. Drain; rinse and drain thoroughly. Combine remaining ingredients in a large saucepot. Bring to a boil. Pour vinegar mixture over zucchini and onion. Let stand for 2 hours. Bring all ingredients to a boil; reduce heat and simmer 5 minutes. Pack hot vegetables and liquid into hot jars, leaving ¼ inch headspace. Remove air bubbles. Adjust two-piece caps. Process 15 minutes in a boiling-water canner.

If you do not process the jars in a boiling-water canner then they must be kept under refrigeration.

Source: *Ball Blue Book*