

Indian Summer

by Kim Tait

This just has to be one of the most splendid time of the year. I love the warm, clear days that give way to chilly nights. As the summer crops wind down, the fall crops are just coming on. The fields are brimming with beautiful greens of every ethnicity, cabbages, broccoli, winter squashes and root crops. The vines on the pumpkins and squashes are nearly brown and as the thick foliage clears, we are delighted to see an abundant crop that is almost ready to harvest. In many ways, early fall feels like the time when the growing season should be coming to its natural end. But in truth, we still have much to plant, tend and harvest. There is garlic to get in, a new greenhouse to put up, two greenhouses to get planted with winter crops.... And that is only the beginning of long list of fall projects! Fortunately, we have several new student volunteers and work shares to help out. It is true that many hands make lighter work. So if anyone has open time over the next several weeks, we welcome your help outdoors. What I know is that Indian Summer is a blessed time of year and does one's soul good to be out in it!



IN THE GREENHOUSE



50% Off

All Plants (except mums & bulbs)

30% Off

Clay Pots, Stoneware & Statuary



Cook's Column

By Steve Spanelli

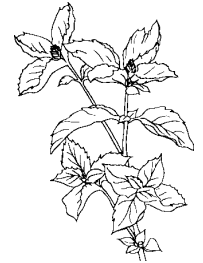
Seared Beef & Bok Choy

1lb. Beef sirloin, cut into strips
2 tablespoons peanut oil
1 tablespoon soy sauce
½ teaspoon sesame oil
2 cloves garlic, minced
Fresh black pepper
½ pound bok choy, sliced
24 basil leaves, chopped
½ red onion, thinly sliced
Salt to taste

~ In a large bowl, combine ½ the peanut oil, soy sauce, sesame oil, garlic, and pepper. Add to the beef strips and let stand 30 minutes at room temperature.
~ Make the dressing by whisking together all the ingredients and let stand 30 minutes to allow the shallot to mellow.
~ When ready to cook, heat a large skillet over high heat. When the pan gets hot add the other ½ of peanut oil and sear the beef until it loses its red color, about 45 seconds. Add the choy, onion, and basil. Stir and cook briefly. Toss with the dressing and serve.

Dressing

3 tablespoons peanut oil
2 tablespoons lime juice
1 large shallot, minced
1 serrano chili, minced
½ teaspoon sugar



Noodles with Tofu and Vegetables

1 TBS olive oil
4 slices fresh ginger, minced
1 red onion, thin ½ moon slices
Soy sauce
1 carrot, cut into match sticks
1 bunch bok choy, thinly sliced

5 oz. tofu, cubed
2 tsp. brown rice syrup
8 oz. udon noodles
1/2 lemon, juiced
Parsley, finely chopped



~ Place the oil, ginger, and onion in a deep skillet over medium heat. When the onion starts to sizzle add a dash of soy sauce and cook for about 2 minutes. Stir in the carrots and bok choy.
~ Add the tofu, few dash of soy sauce, and the rice syrup. Cook until the choy is crisp-tender and wilted.
~ As the vegetables are cooking, prepare the udon al dente and drain. Stir the cooked noodles into the veggies, add lemon juice and parsley. Serve immediately.



COMMUNITY CALENDAR



State College Farmers Market
Fridays on Locust Lane
11:30 am to 5:30 pm

Harvest Shop and Greenhouse
Mon. to Fri. 9:00 a.m. to 6:00 p.m.
Sat. 10:00 a.m. to 5:00 p.m.
Sun. 10:00 a.m. to 4:00 p.m.
(814) 466-3411
www.taitfarmfoods.com

IN THE HARVEST SHOP



Autumn Dried Flowers
Pumpkin Fudge
Decorative Gourds
French Table Lines

Community Harvest members receive a 10% discount on Harvest Shop purchases.
(excluding consignment & sale items)