

SHARE PICK-UP CALENDAR

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Pick-Up 4-7pm 🏠	3	4	5	6 Pick-Up 10am -1pm 🏠
7	8	9 Pick-Up 4-7pm 🏠	10	11	12	13 Pick-Up 10am -1pm 🏠
14	15	16 Pick-Up 4-7pm 🏠	17	18	19	20 Pick-Up 10am -1pm 🏠
21	22	23 Pick-Up 4-7pm 🏠	24	25	26	27 Pick-Up 10am -1pm 🏠
28	29	30 Pick-Up 4-7pm 🏠	31			

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Pick-Up 10am -1pm 🏠
4	5	6 Pick-Up 4-7pm 🏠	7	8	9	10 Pick-Up 10am -1pm 🏠
11	12	13 Pick-Up 4-7pm 🏠	14	15	16	17 Pick-Up 10am -1pm 🏠
18	19	20 Pick-Up 4-7pm 🏠	21	22	23	24 Pick-Up 10am -1pm 🏠
25	26	27 Pick-Up 4-7pm 🏠	28	29	30	

ABOUT ELIJA FARM



ELIJA Farm is a sustainable, non-profit farm in South Huntington, NY committed to using environmentally responsible practices to raise high quality produce. The ELIJA Farm CSA is dedicated to enriching the health and wellness of our community through dynamic learning opportunities to its diverse membership.

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Vol. 6 Issue 14

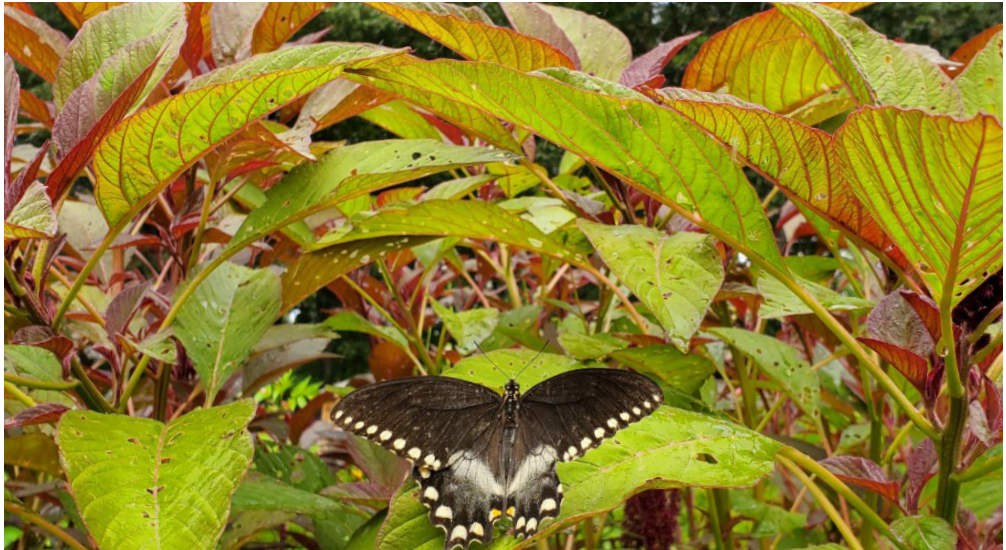
Week of September 10, 2022



ELIJA THYMES

Growing Roots for a Sustainable Future

- IN THIS ISSUE
- Weekly Harvest
 - Crop of the Week
 - Farmers Corner
 - Sights and Scenes from the Farm
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 - Make the Most of Your Share
 - Reusable Bags
 - Pick-Up Schedule



- ELIJA FARM TEAM
- Debora Thivierge**
Founder & Executive Director
 - Katie Tota**
Director of CSA and Farm Learning
 - Chris Potter**
Farm Manager
 - Rudy Angebrandt**
Farm Maintenance Mechanic
 - Suzie Rust**
Director of Baking & Culinary Arts
 - Jennifer Turner**
Assistant Baking Teacher
 - Gabby Esquibel**
PR Media Relations
 - Rena Lee**
Farm Hand
 - Devlin McGuinness**
Farm Hand
 - Jen Najman**
Farm Hand
 - Chase Northrop**
Farm Hand
 - Chloe Northrop**
Farm Hand
 - Alfred Sgambati**
Farm Hand
 - Clara Silberman**
Farm Hand
 - Jenn Marsh**
Volunteer Coordinator

CROP OF THE WEEK

SORREL

Sorrel is a small edible green plant from the Polygonaceae family, which also includes buckwheat and rhubarb. Sorrel leaves have an intense lemony tang, which gets progressively more bitter as the months progress. Short leaves should be consumed raw, while large leaves should be cooked, since younger leaves are more tender and do not hold up well cooking, they are used best as a garnish, or in uncooked dishes.

Sorrel is packed with vitamins A and C, which both provide a boost for the immune system, perfect for preventing spring colds. It is also high in potassium contentment and can help with lowering blood pressure, and it increases blood circulation.

*WARNING ALL PRODUCE IS FRESH FROM THE FIELD AND SHOULD BE WASHED.

FARMERS CORNER PICKLING 101

Pickling is a super fun and easy way to preserve your crops and use them differently than simply fresh or cooked. To many peoples surprise, you can do it with way more veggies than just turning cucumbers into pickles. The process of fermentation in brine or vinegar can preserve perishable foods for months. Generally, pickling brine should be around two parts vinegar and one part water. You can also play around with other seasonings to cater your final product to your taste. To the brine, you can add garlic, black peppercorns, dill, coriander, mustard seed, clove, bay leaves, lemon juice, red pepper, honey and so much more! It truly is whatever you like! As I mentioned before, this process is not only used for pickles, though you definitely could practice with this classic. You can also pickle onions, radishes, garlic, carrots, jalapenos, Brussels sprouts, cabbage and so much more!



TIPS AND TRICKS: STORING BASIL

- As with many fresh herbs, it's helpful to think of them as cut flowers. Any leafy herb with a soft stem, including basil, can be stored as you would a bouquet of flowers — in water. Here's how:
1. Trim the stems, removing the last inch or so. Place basil in a jar filled with a few inches of water.
 2. Loosely cover the tops of the basil with a plastic bag (unfortunately, your basil bouquet won't make a beautiful centerpiece). A thin, produce bag works great for this.
 3. Leave the basil bouquet out at room temperature, replacing the water every few days. Whatever you do, don't refrigerate it. Exposed basil doesn't do well in the cold. Once you're ready to enjoy, wash and dry the leaves.



VEGGIE PROFILE ONIONS

Onions vary in size, shape, color, and flavor. The most common types are red, yellow, and white onions. The taste of these vegetables can range from sweet and juicy to sharp, spicy, and pungent, often depending on the season in which people grow and consume them.



MAKE THE MOST OF YOUR SHARE CREAMY SORREL SOUP

- INGREDIENTS**
- 2 tablespoons unsalted butter
 - 1 cup yellow onion, small dice
 - 1/4 cup carrots, peeled and diced small
 - 1/4 cup celery, washed, trimmed and small dice
 - 2 cups starchy potatoes, small dice
- INSTRUCTIONS**
1. Place a 3 quart enameled Dutch oven over medium heat.
 2. Add the butter and as it melts add the onions, carrots and celery.
 3. Season them with a two finger pinch of salt and a few grinds of fresh pepper.
 4. Let the vegetables sweat until tender then add the potatoes, rice and vegetable stock.
- 1/3 cup basmati rice
 - 4 cups vegetable broth
 - 1 cup cream
 - 2 1/2 cups sorrel, washed, spun dry and chopped
 - 2 teaspoons fresh thyme, minced
 - Kosher salt and fresh ground pepper
5. Bring the soup to a boil then reduce the heat to a simmer.
 6. Cook until the rice and potatoes are tender. Anywhere between 20 and 30 minutes.
 7. Once they are tender add the cream, sorrel and fresh thyme. Heat the soup through and until the sorrel is wilted.
 8. Taste and adjust the seasoning.
 9. Serve and enjoy!



REUSABLE BAGS

PLEASE REMEMBER TO BRING BACK YOUR BAGS EACH WEEK!

Besides saving the environment, as many of you know we are a working farm that integrates individuals with autism and other disabilities in the daily and necessary tasks. Our farm apprentices need you to bring your bags back so they can maintain and wash them to further provide vocational opportunities for our learners!

