Canning Workshop at the Farm
By Judy Fallows

On Sunday, September 21, eight people joined me for the Canning Demonstration at the farm. The demonstration happened in the kitchen of the field station, right after the third Sunday Picnic. We all made dilly beans. Instructions were given on the boiling water bath method of canning, and questions answered. Some of us added extra garlic, some added hot peppers, all added dill seed and dill weed, and we had a great time!

As we try to grow our educational programs along with the CSA and food donations, I hope we’ll find time to do more of these workshops, and do more cooking and sharing recipes and food together.

Here’s the basic recipe we followed:

Dilly Beans:
4 pounds of string beans, trimmed and washed
6 cloves of garlic, peeled
peppercorns
dill seed or fresh dill heads

Brine: bring to a boil:
4 c. water
4 c. white vinegar
1/2 c. canning salt

Pack beans in hot pint jars with 1 clove of garlic, 12 peppercorns, and a dill head or 1 tsp dill seeds per jar. Ladle brine over beans, leaving ¼” head space, seal and process 10 minutes in boiling water bath canner. Makes about 6 pints.
Vegetable stew


2 medium onions, sliced
3 cloves crushed garlic
2 medium potatoes - in small chunks
3 carrots, sliced
2 stalks celery, sliced
1 eggplant, diced
2 small zucchini, in chunks
1 stalk fresh broccoli, sliced
3 fresh tomatoes, diced
1/4 pound sliced mushrooms
3 Tbs. tomato paste
3 Tbs. molasses
1 tsp dill weed (dry is fine, fresh is best)
1/2 cup burgundy
salt and pepper
butter to sauté

In a stew pot, begin sautéing onions, garlic, potatoes and eggplant in butter. Salt and pepper lightly. When potatoes begin to get tender, add celery, broccoli and carrots, along with burgundy. Steam until all vegetables begin to be tender, then add zucchini, tomato paste, mushrooms, molasses and dill. Cover and simmer over low heat about 20 minutes. Correct seasoning. Serves 6.

Serve piping hot topped with sour cream and freshly chopped parsley. (Can be served over rice or noodles or millet or cous cous, whatever).

Gleaning crops for the CSA

A reminder from John Mitchell, Farm Manager

At this time of year, certain crops that have diminished in productivity to the point where we can no longer harvest for the entire CSA are opened for gleaning to CSA members. These items are usually specialty crops in which our charity clients often have little or no interest. They are also labor-intensive to pick, and the availability of labor around the farm is greatly diminished at this time of year as the students have all gone back to school, so we have to triage what we harvest with the labor that is available.

The crops for gleaning are:
- Basil
- Cilantro
- French Beans
- Hot Peppers
- Parsley
- Tomatillos