

# YOUR FARM

LOCALLY SOWN... NATURALLY GROWN

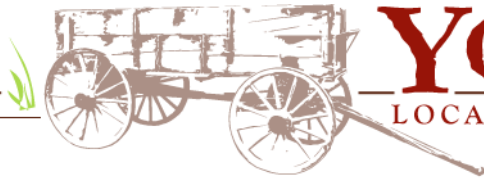
## 2008 PRODUCE LIST

### GREENS:

- Lettuce Heads:** These are a staple at Your Farm! We love lettuce and have it available the entire growing season. Our varieties vary with season to ensure the best quality under different growing conditions. We consistently have the following types:
- Green leaf
  - Red leaf
  - Green romaine
  - Red boston
  - Green boston
- Lettuce Mix:** Our lettuce mix is a combination of a variety of lettuces which includes red and green leaf, red and green oak leaf, red and green romaine. These young greens are cut at mesclun size then immediately washed, spun, and cooled before leaving the farm. This is an attractive mix of colors and textures that make a mild, tender and sweet salad.
- Gourmet Mix:** Our custom mixed mesclun is a beautiful blend of our sweet lettuce mix with some specialty greens. It includes kyona and purple mizuna (thin, deeply cut, fringed leaves), tatsoi (compact, thick rosette), red mustard (mild, gently serrated, purple tinted leaves), and red russian kale (tender, green leaf with purple veins). This is a beautiful mix to start your meal.
- Arugula:** We like to keep our arugula by itself. It makes a delicious salad when you can get a concentrated dose of its' unique flavor. Or you can mix it in with the Gourmet Mix. We cut the leaves at baby size, then wash, spin and cool.
- Cress:** This green is vitamin-rich and has a peppery-citrus tang for salads and sandwiches. We grow two varieties--Presto, an upright frilly-edged leaf, and Wrinkled Crinkle, a spoon-shaped ruffled leaf that adds extra loft to a salad.
- Vitamin Green:** This tender green is cut young so it can be added fresh to salads or blanched. It is a smooth, deep-colored green that is flavorful and not at all mustardy.
- Beet Green:** We grow a special heirloom variety just for use as beet greens. These young leaves are deep burgandy with a rich beet flavor. They are delicious when added fresh to a salad.
- Spinach:** Our spinach is simply the best! We hand pick each leaf, so there's no need to worry about stems. The leaves are medium-sized and tender, great fresh or steamed. We also offer "bulk" spinach which is a larger-sized leaf and good for steaming or cooking.
- Swiss Chard:** This is such a beautiful green. The stems and veins are various shades of bright pastel colors and the leaves are slightly savoyed. The taste is milder than ordinary chard. Good eaten fresh or braised in a little olive oil, garlic, or red wine vinegar.
- Kale:** Our kale is only for fall and winter enjoyment. We harvest it after the first light frost to ensure the best, sweetest flavor.
- Redbor has a deep red-purple frilly leaf. Great for garnish or braised.
  - Winterbor has a blue-green frilly leaf.
  - Tuscano has a dark green, long slender smooth leaf.

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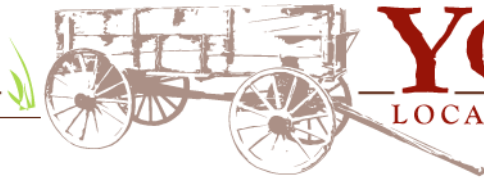
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## ROOT CROPS:

- Beets:** We grow a traditional red beet, as well as gold and candy striped specialty beets. All are a sweet treats!  
The golden beet has a nice mild flavor and the color stays golden when cooked.  
The candy striped beet is an Italian heirloom with rings of pink and white inside.
- Carrots:** We grow orange and rainbow carrots all season for your fresh snacking and hearty cooking needs:  
Our orange carrots are great all purpose carrots...sweet and crunchy and best raw!  
Our rainbow carrots are a mix of purple, yellow, red, and orange. Each color has a unique flavor. We recommend cooking the rainbow carrots for the best flavor.
- Radishes:** We grow a few different varieties of radish through the season:  
Easter Egg radish is our early-season favorite! They are a beautiful blend of pink, purple, red, violet, and white. They are mild, crisp, and tender.  
Cherriette is a smaller, all red radish with a dense, sweet/hot flavor that we like to grow throughout the season.  
Beauty-heart radish is a large, sweet radish with a bright pink flesh and greenish/white skin. This specialty radish is only available in the fall.
- Turnips:** We grow a nice, tender small white salad turnip called Hakurai. The flavor is sweet and fruity and best raw. The tops are dark green and good for cooking or raw in salads. We also grow a traditional purple-top turnip for fall enjoyment.
- Potatoes:** We have lots of unique varieties to enjoy at different points in the season.  
Dark Red Norland is our favorite new potato. It has a smooth, beautiful red skin and bright white flesh. Small to medium in size and good steamed or boiled.  
French Fingerlings are very smooth textured with deep yellow flesh, and thin, rose colored-skins. They are delicious roasted. Get them while they last!  
Carola is a yummy mid-season potato that has a creamy texture. Golden skin and flesh, small to medium-size, oblong shaped, and great anyway you fix it - steamed, boiled, baked, or fried.  
Keuka Gold is a mid-season, all-purpose potato. It is very similar to Yukon Gold, but better!  
All Blue is a mid-season specialty potato with an incredible deep blue skin and blue flesh with a ring of white. It's amazing color is complemented with a great flavor too! Best for salads, boiling, and fried.  
Elba is a late-season potato with buff, flaky skin and white flesh. These large round tubers are perfect for boiling.  
Banana is a golden yellow fingerling potato ready mid-season. Melts in your mouth!  
Wonderful for salads and roasting.  
Red thumb is a late, baby fingerling potato with bright red skin and dark pink flesh. Nice firm flesh is perfect for roasting and in salads.

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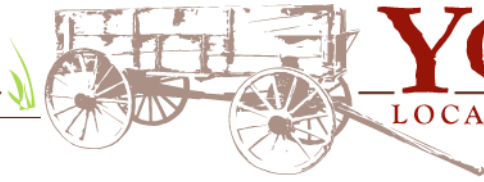
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## HOT CROPS:

- Tomatoes:** Heirlooms are the only tomatoes we grow because of their unbeatable flavor! These have the real old-fashioned tomato taste and are ripened in the field, not in a greenhouse...or a truck!
- Brandywine is our favorite red tomato and is considered the best by many people. It is big and ugly with a meaty, yet juicy texture, rich and spicy flavor, and soft red/pinkish hue.
  - Yellow Brandywine is a big orange version of the Brandywine.
  - Moskvich is an early, smooth, deep red tomato that is smaller in size and rich in taste.
  - Cherokee Purple is a medium, full flavored tomato with a dark pink/purple hue.
  - Valencia is a sunny orange tomato with full flavor, meaty texture, and few seeds.
  - Striped German is a large bicolor red and yellow marbled tomato. Is beautiful when sliced. Has a complex, fruity flavor.
  - Green Zebra is a small tomato that is green with yellowish streaks when ripe. Has a nice mild and tangy flavor.
  - Juliet is a sweet plum with rich tomato flavor that is great for salads, salsa, and sauce.
  - Sungold is the best and sweetest tasting cherry tomato! It is bright orange, juicy and fruity flavored.
- Cucumbers:** We grow a few varieties of cucumbers. All are a refreshing summer treat. We enjoy it in water instead of lemon! One type is a traditional slicing cuke that is deep green, long, slender and sweet. Two are specialty varieties with little or no seeds and smooth-skinned.
- Eggplant:** We grow Italian, Asian, and specialty eggplants.
- Nadia is a traditional dark purple eggplant. Great for eggplant parmesan!
  - Orient Express a long, slender, black colored eggplant that is tender and mildly flavored.
  - Dancer is a bright purplish/pink colored and mild in flavor.
- Bell Peppers:** We grow red, green, and orange bell peppers and some specialty sweet peppers.
- Antohi Romanian is an eastern European frying pepper. These petite heirloom peppers are yellow and red and sweet when fried in a skillet.
  - Carmen is a long tapered red pepper with a great sweet taste for salads and roasting. This is our favorite pepper!
- Hot Peppers:** We grow a variety of hot peppers.
- Hungarian Hot Wax is a pale yellow pepper and is not overly hot. Good for frying, roasting, and pickling.
  - Cayenne is long slender and bright red Italian pepper that is great for sauces or drying. It is thin fleshed and not extremely hot.
  - Jalapenos are traditional Mexican all purpose hot pepper. They are great roasted, stuffed, and pickled.
- Summer Squash:** We grow the traditional yellow squash and green zucchini. We also have baby summer squash that is tender and great for grilling, roasting, or tossed fresh in a salad.
- Melons:** We grow cantaloupe and honeydew melons.
- The cantaloupe is orange fleshed, juicy, thick and sweet.
  - The honeydew melon is green fleshed with a smooth, sweet, complex flavor.

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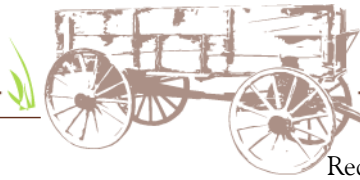
- Watermelons:** The watermelons love our light sandy soil! They are all sweet, crisp, and juicy. We have the traditional type, seedless, and specialty watermelons.
- Little Baby is a small, round watermelon with traditional green striped rind and dark pink flesh. Great personal-sized melon.
  - Sweet favorite is a large oblong traditional watermelon. Great for the whole family or to share with a group of friends.
  - Farmers' Wonderful is round, medium-sized seedless watermelon with great taste.
  - New Orchid is an orange flesh watermelon that is round, medium-sized and juicy sweet.
  - Sunshine is a yellow-flesh watermelon that tastes like a ray of sunshine! Our favorite!
- Sweet Corn:** We couldn't forget the sweet corn! Ours is grown according to organic standards...this is hard to find! We have white and bi-color sweet corn during the summer.

## OTHER VEGETABLES:

- Celery:** Our celery is the real thing! Large and crisp, full heads with lots of flavor. The celery tops are great in soups and stews.
- Peas:** We grow sugar snap peas and snow peas. Both are to be eaten with the pod and are sweet and crisp.
- Beans:** We have a variety of beans through the season. We grow green, gold, and burgundy snap beans. Each has its own flavor. The burgundy bean does turn green when cooked. We also grow a tasty French filet bean that is very slender and tender without strings.
- Cabbage:** We grow green and red cabbage in the spring and fall and for winter storage.
- Farao is an early round green cabbage with dense cores and a peppery-sweet flavor.
  - Tendersweet is a spring treat! This flat-headed cabbage has thin, tender leaves and very sweet flavor. Perfect for coleslaw and stir-fries.
- Broccoli:** Even the kids will like this broccoli!
- Brussels Sprouts:** We have sprouts in the fall and winter when they are the sweetest!
- Pumpkins:** We grow pie pumpkins for cooking and decorative jack-o-lantern pumpkins for fall festivities.
- Winter Squash:** We offer a wide assortment of winter squash for all your cooking needs.
- Delicata is a pale yellow, long oval fruit with green stripes. Flesh is sweet and juicy. Great for stuffing and baking. Skin is edible.
  - Sweet Dumpling is a small teacup-shaped squash with tender flesh. Good for stuffing.
  - Tuffy is a very sweet acorn squash with a thick, dry yellow flesh. Flesh is tough, so use care when cutting.
  - Waltham is a traditional butternut squash. Has tan skin and smooth textured, bright orange flesh. Great storage squash. Skin is edible.
  - Bon Bon is a buttercup-type squash. Has a dark green skin and rich, sweet orange flesh.
  - Sunshine is a kabocha-type squash that has a wonderfully smooth and sweet flesh. Medium, flat/round fruit has scarlet colored skin. Good for baking, mashing, and pies.

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Red Kuri is a hubbard-type squash. They are small, tear-dropped shape with scarlet colored skin and medium dry flesh. Smooth texture good for pies and purees. Skin is edible.

Leeks: We grow one variety of leeks. It is a nice long-stemmed leek with medium green leaves. Has a wonderful mild onion flavor. Great in soups and stews.

Onions: We offer red, sweet white, and yellow storage onions.

Scallions: These early, tall and slender white bunching onions are great for a little onion flavor added to any dish.

Herbs: We have the following fresh cut herbs throughout the season:

- Basil
- Parsley
- Marjoram
- Rosemary
- Thyme
- Dill
- Oregano
- Cilantro

Garlic: A must in any healthy kitchen!

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