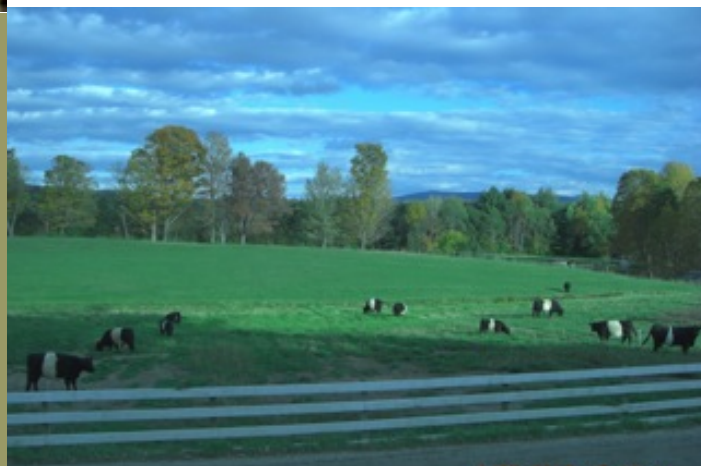




NEW PICK UP DAY FOR SUMMER!

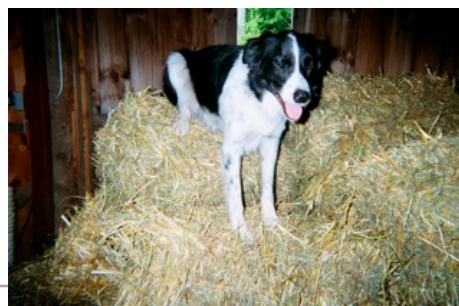
Because we will be at the Lebanon Farmers'
Market on Thursdays this summer,
we need to change the pick up day to the

**first Friday of the month
3-6pm**



Hay When the Sun Shines

June starts our haying season. Hectic and hot, but it sure feels good when the barn is full and we are ready for winter.





Calling All Plastic Bags

If anyone has any unwanted plastic bags, we'd love to recycle them for you. They'd come in handy at farmers' markets and CSA shares.
Thanks!

Best Ever Saucy Beef Kabobs

courtesy of Debbie Taber

Ingredients

2 cups tomato juice
1/2 cup butter
1/4 cup finely chopped onion
1/3 cup ketchup
1 teaspoon dry mustard
1 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon ground black pepper
1 clove garlic, minced
1 tablespoon Worcestershire sauce
1 dash hot sauce
2 pounds beef sirloin, cut into 1 inch cubes
1/2 pound fresh mushrooms, stems removed
1 pint cherry tomatoes
1 large onion, quartered
1 large green bell pepper, cut into 1 inch pieces
skewers

Directions

In a saucepan over low heat, mix the tomato juice, butter, onion, ketchup, mustard, salt, paprika, pepper, garlic, Worcestershire sauce, and hot sauce. Simmer for 30 minutes, remove from heat, and allow to cool.

Preheat grill for medium heat.

Thread the sirloin cubes, mushrooms, cherry tomatoes, onion quarters, and green pepper pieces onto skewers, alternating as desired. Drizzle some of the sauce over the kabobs.

Oil the grill grate. Arrange kabobs on the grill. Grill about 10 minutes, occasionally turning kabobs. Baste with sauce during the last 5 minutes.

CSA Information

Meat Shares are available in 2 sizes for three and six month periods. Share sizes are based on pounds per month. Payment is due in full by the start of the subscription. Monthly pick ups at our farm in Norwich. Monthly shares are pre-assembled by our farm and will include approximately half ground and sausage and half higher-end cuts such as roasts and chops in frozen cryovac packages. The meats included in the share reflect what is available on the farm that particular month and cannot be customized. Subscriptions also include a monthly newsletter.

