

CHAUTAUQUA GROWN NEWSLETTER

ISSUE #2 - SEPTEMBER 9TH, 2016

What's In Season?

Even though the summer season is winding down to a close, there are still plenty of options for fresh, locally grown produce in our area! Here's just a sampling of what's in season right now:

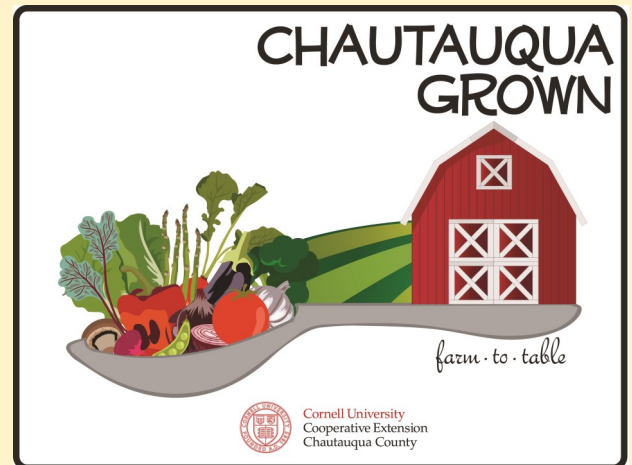
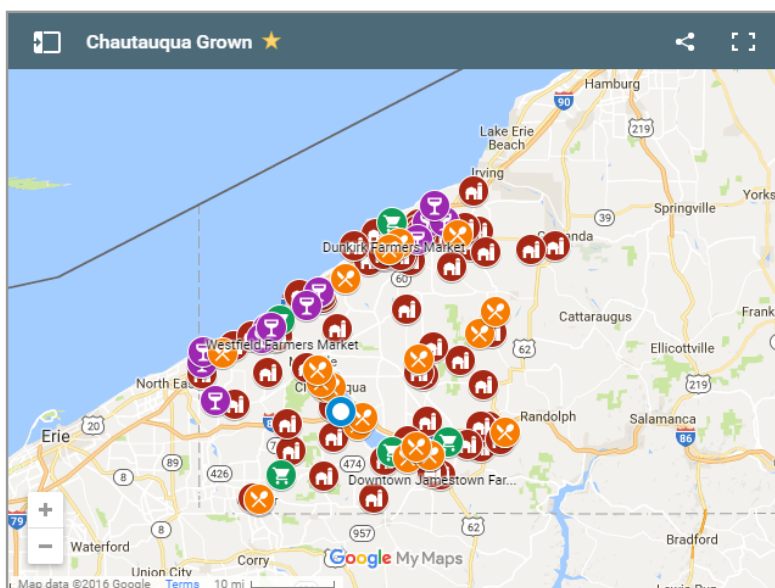
Beans, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Collard Greens, Corn, Cucumbers, Eggplant, Grapes, Herbs, Kale, Lettuce, Onions, Peppers, Potatoes, Pumpkins, Radishes, Spinach, Summer Squash, Winter Squash, Swiss Chard, Tomatoes, Turnips, and much more!

And don't forget about things that are always in season: Eggs, Meat, Honey, Maple Syrup, Wine, and much more!

Check out Chautauqua Grown to find a farm in your area—enjoy the harvest while it lasts!



Thank you to everyone who has helped to share our Chautauqua Grown website - we've already gotten over 2,000 views!



Welcome to our Chautauqua Grown Newsletter!

Chautauqua Grown is your source for all things local foods - find farms, restaurants, farmers markets, and much more!

Visit our website at

www.cce.cornell.edu/chautauqua

or call 716-664-9502 for more information.

Please Contact CCE-Chautauqua's Farm Business Management Program Staff with any questions, concerns, comments, or for more information.

Katelyn Walley-Stoll

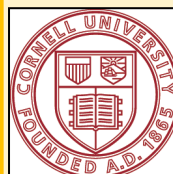
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Chautauqua Grown Features: Peterson Farm

Cornell Cooperative Extension of Chautauqua County's Agriculture Program is excited to feature Peterson Farm, a well-known local produce stand and livestock farm that offers a variety of products in Jamestown, NY, as a featured farm listed on the Chautauqua Grown directory. Chautauqua Grown is your source for all things local foods in Chautauqua County, including a directory of farms, restaurants, farmers markets, wineries, and much more, and is available online by visiting www.cce.cornell.edu/chautauqua.



Many people have come to know the Peterson Farm Stand, located at 3260 Fluvanna Avenue Extension in Jamestown, as a staple in our county's rich agricultural history. This 300 acre family farm has been owned and operated by the family for over 100 years, and their produce stand, which has been around since 1957, has continued to thrive throughout the years by offering locally grown produce, flowers, and Scandinavian food specialties. They also have a herd of 70 Hereford beef cattle in addition to their greenhouse, Scandinavian Gift Shop, and a newly acquired coffee roasting enterprise.

Peterson Farm is owned and operated by Allen and Mary Peterson. Their granddaughter, Kaitlyn Bentley, has returned to the farm after receiving her Master's Degree in Business

and Accounting from Alfred University, and manages day-to-day operations as she continues the family tradition and works her way into the business.

Allen Peterson attributes the farm's long-term success to their commitment to their customers. "We've tried to base the business on quality and service throughout the years," says Peterson. The farm grows their own sweet corn, pumpkins, tomatoes, peppers, squash, and much more. They also work to help promote other area farms by offering their locally produced products at the farm stand. All of their beef is raised right on the farm while utilizing humane handling methods and without using growth hormones. Peterson Farm employs 10 to 15 people throughout the year, and has been a staple provider of fresh, locally produced foods in our area.

The future looks bright for Peterson Farm as they continue to expand the business and grow their customer base. "It's good to be able to keep this going in the future," says Kaitlyn Bentley. "It's difficult, but rewarding". You can visit their farm stand year round, every day of the week from 10am to 6pm where you can purchase all of their available products. They also take call-ahead orders and can take orders for shipping. To learn more about Peterson Farm and their products available, visit their profile on Chautauqua Grown at www.cce.cornell.edu/chautauqua/chautauqua-grown/peterson-farm-1 or give them a call at 716-483-2202.



Fall Vegetable Salad Recipe

From cookingmatters.org

Serving Size

Serves 8, 1 cup per serving

Ingredients

- 1 cup barley, whole grain couscous, or quinoa
 - 1 medium bulb fennel
 - 1 bunch hearty greens, such as kale, chard, collard greens, or beet greens
 - 1 small beet
 - 1 medium firm apple
 - 1 clove garlic
 - 1/2 cup nuts or seeds, such as pecans, almonds, or walnuts
 - 1 medium lemon
 - 1/2 cup cider vinegar
 - 1 tablespoon Dijon mustard
 - 1/2 cup canola oil
 - 1/4 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 2 ounces cheese, such as blue, goat, or cheddar (optional)
1. Cook grains following package directions. Transfer to a large bowl. Prepare the rest of the salad while you let grains cool completely.
 2. Rinse fennel, greens, beet, and apple.
 3. Cut any long stalks and fronds off fennel. Quarter fennel and cut out core. Slice thinly.
 4. Remove stems from greens. Stack leaves together, roll into a thick log, and slice thinly.
 5. Peel and cut beet into 1/4-inch cubes. Cut apple into 1/4 cubes.
 6. Peel and mince garlic.
 7. If using, crumble cheese or cut into 1/4-inch cubes
 8. In a small skillet over medium-low heat, add nuts or seeds. Cook until fragrant, 3-5 minutes. Transfer to a small bowl to cool.
 9. Rinse and cut lemon in half. In a small bowl, squeeze juice. Discard any seeds.
 10. Add vinegar, minced garlic and mustard to lemon juice. Whisk with a fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.
 11. When grains are cool, add fennel, greens, beet and apple. Drizzle with dressing and toss to combine. Sprinkle with the toasted nuts and cheese, if using.



Chef's Notes

- Vary the vegetables according to what you have on hand and what's in season. Carrots, cabbage, pears, celery and dried fruit work nicely.
- Add leftover cooked chicken, roast beef, or beans for added protein. Serve as a 4-person entrée.
- Use any apples you like, such as Granny Smith, Pink Lady, or Fuji.
- If your fennel comes with the feathery "fronds" still on it, you can finely chop and add some to salad to give it an extra punch of flavor.
- Refrigerate any leftovers in an airtight container for up to 3 days.

Nutrition Facts

Serving Size 1 cup (134g)	
Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 3g	
Vitamin A 15%	Vitamin C 20%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



WANT TO BE A FEATURED FARM OR BUSINESS?

Over the next several months, CCE-Chautauqua will be releasing weekly Chautauqua Grown Features articles where we will provide area farms and businesses a chance to connect with the public about their operation. If you're interested in being one of our upcoming Features, please contact Katelyn Walley-Stoll at 716-664-9502 ext. 202.

HAVE SOMETHING TO SHARE IN OUR NEWSLETTER?

Do you have any news you would like to share? Or are you looking for any type of information that might be useful to our readers? Just let Katelyn know - We're looking for article ideas, featured recipes, and helpful tips for buying local!