



# JERICHO SETTLERS' FARM

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### Calves on Grass

A loyal egg customer and fellow cattleman stopped by the farmstand the other day. “Your Devons all pregnant now?” he asks. Not your typical egg customer question, but an important one if you’re into cows and cattle. “Not yet,” I replied, “The bull arrives in the next few weeks.” And I’m thinking to myself, “Why would we have the cows bred already?”. Then I remember. Most cattle people breed their cows early summer so calves are born in March, giving them a good 7 or so months to grow and be weaned before selling them at the fall cattle sales, or making them viable yearlings at the spring cattle sales. But March is a tough time to enter the world as a calf and it’s a tough time for a mother cow to support a calf with high quality milk, given the stored winter forages she is likely eating, as compared to the farm’s green pastures.

Most grass-fed beef farmers follow the natural seasons of the wild ungulates in timing their cow breeding: calving in June, breeding in August/September, and weaning eight to eleven months later, rather than the typical 6 months at weaning. There are two main reasons for June calving:

- a) when the calves are born the weather is mild and warm, they can be born outdoors on pasture with minimal weather-related stress; and
- b) the grass is already at a high growth stage that gives the mother cow the high quality nutrition she needs to feed herself and the calf, as her nutritional needs are highest when she starts lactating and the calf is in need for high-quality milk.

Check out this study from Ontario’s Ministry of Agriculture for some other details about the benefits of summer calving:

[http://www.omafra.gov.on.ca/english/livestock/beef/facts/info\\_summer\\_calving.htm](http://www.omafra.gov.on.ca/english/livestock/beef/facts/info_summer_calving.htm)

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### Fingerling Potatoes

Fingerling potatoes are the gourmets of potatoes. There are many different varieties of them, but they all share that funny elongated finger-like shape – hence their name. Fingerlings are rich in flavor and have a waxy texture that lends them well to boiling, roasting, and browning in a sauté pan. Here are two quick, delicious ways to prepare fingerlings:

- 1) Cut larger fingerlings so all potatoes are about the same size. Bring a pot of water to a boil and then throw in the fingerlings. Boil for about 7 minutes, until not quite done. Meanwhile melt a few tablespoons of butter in a pan over medium high heat. Drain the fingerlings and put in the pan of hot butter. Add fresh herbs and/or minced garlic. Stir a few times to brown the potatoes on all sides.

Cut larger potatoes so all are same size. Toss fingerlings in bottom of roasting pan with olive oil, sage, garlic, coarse salt, and black pepper. Roast alone or under the meat of your choice.

### Savory Corn Pudding

Adapted from “Farmer John’s Cookbook”

- 6 ears sweet corn
- 1/3 cup heavy cream
- 1/3 cup milk
- 3 tsp. flour
- ½ tsp. salt
- freshly ground white pepper, to taste
- 3 tsp. butter

Preheat oven to 325 degrees F. Butter a 1-quart baking dish. Cut corn kernels off the cobs into baking dish, and scrape in any remaining corn juice from the cobs. Add the cream, milk, flour, salt, and pepper; mix gently. Dot with butter. Bake until golden brown on top and creamy inside, about 1 hour.

## Potato Leek Soup (and variations)

3 medium potatoes, cut into 1-inch chunks  
2 cups leeks, chopped  
1 stalk celery, chopped (or ½ cup chopped celery root)  
1 large carrot, chopped  
4 cups water  
1 ½ tsp salt  
1 cup milk (or ½ cup milk and ½ cup yogurt or sour cream)

Place potatoes, leeks, celery, carrot, water and salt in a soup pot and bring to a boil. Cover and cook until potatoes are tender (about 15 minutes). Remove from heat and cool until not too hot to puree. Puree the soup in the blender and return to pot. Stir in the milk (and/or yogurt). Add black pepper to taste. Top with fresh herbs such as rosemary, thyme, or chives.

Variations: Sauté the leeks in butter first and add 3 Anaheim peppers or 1 Hungarian Yellow Hot Wax pepper to the sauté. Add some fresh basil and cook a bit longer. Then set this aside to puree with the rest of the potatoes and vegetables once they have cooked. Top this zippier variation with cilantro and/or cheddar cheese.

## Zucchini with Mint and Vinegar

from Cucina Ebraica by Joyce Goldstein

4 small zucchini, about 1.5 pounds  
salt  
3 Tbs. chopped fresh mint or basil  
2 Tbs. chopped fresh flat-leaf parsley  
2 large cloves garlic, minced  
6 Tbs. olive oil  
4 Tbs. red or white wine vinegar

Cut the zucchini into 1/4 inch thick slices. Sprinkle with salt and let stand in a colander for 30 minutes to drain off any bitter juices. Rinse and pat dry. In a small bowl, combine the mint or basil, parsley, and garlic. Warm the olive oil in a frying pan over medium-high heat. In batches, add the zucchini and cook, turning as needed, until golden on both sides, 4 to 5 minutes. Transfer to a shallow serving dish and sprinkle with some of the mint mixture and some of the vinegar. Repeat with the rest of the zucchini, mint mixture, and vinegar. Leave at room temperature for 1 to 2 hours, basting occasionally with vinegar in the dish, before serving.

**Gardening Tips:** Zucchini is one of those crops for which we do succession planting. By planting several times a season you can have healthy productive plants all season long. Right now we are removing the first planting of zucchini and summer squash from the field, as they succumb to powdery mildew. But the third planting of zucchini is just reaching its prime now. It is planted in a different place to reduce the spread of disease and pests from the early plantings to the late ones. Succession planting is a great way to keep your garden productive all season.

## Garlic Bits

- Press garlic with flat side of chef's knife. The husks will peel off easily.
- When using a garlic press, cut clove in half and press through cut side down (wastes less this way).
- The average US consumption of garlic is one pound per year per person; in Asian countries the average is 40-50 pounds!!
- Garlic belongs to the lily (allium) family – as do onions and leeks.
- One clove of garlic contains 1 to 2 calories
- Over 90 percent of the U.S. domestic production of garlic comes from California.
- The amount of imported garlic is on the rise, Mexico exports 70 percent of the garlic sold to the US.
- Here at Jericho Settlers' Farm we grew 18 different varieties of garlic this year; there are over 300 varieties of garlic grown in the world.

## Baked Garlic

Baked garlic has a mild, sweet and nutty flavor. To bake, remove the outer layers of skin from heads of fresh garlic keeping the cloves and heads intact. Drizzle ½ tablespoon of olive oil on each and sprinkle with rosemary or oregano. Wrap in foil and bake in 375 F oven for about an hour. Squeeze cooked cloves from skin onto breads, meats, vegetables or use as the base for sauces. We grow two varieties, Chesnok and Mohawk, that are incredibly creamy and delicious when baked.

## Fresh Basil Vinaigrette

¾ cups olive oil  
2 cups chopped fresh basil  
1 onion (small) or shallot or 3 green onions  
1 garlic clove, peeled  
¼ cup red wine vinegar  
¼ cup water  
½ teaspoon salt  
¼ teaspoon pepper  
2 teaspoons Dijon mustard

Heat ¼ cup oil with 1 cup basil in saucepan over medium heat until basil turns bright green and small bubbles appear, 2 to 3 minutes. Turn off heat and let steep 5 minutes.

Whirl onion, garlic, vinegar, water, salt, pepper, and mustard in blender or food processor until garlic and onion are finely chopped, about 15 seconds. With blender running, slowly add remaining oil and steeped basil oil and continue to process until dressing is smooth and emulsified, about 15 seconds. Pack remaining 1 cup basil into blender and process until dressing is smooth, about 15 seconds.