



The Farm Stand

Our on-site farm stand is open daily from 9am to 6pm and features farm fresh produce, frozen meats and a variety of preserves – all from our farm! We also carry products from *Honey Pie Hives and Herbals* and *Melody's Garden*. This week, the stand is stocked with:

Eggs	Garlic	Salad Mixes
Tomatoes	Potatoes	Squash
Kale	Chard	Arugula
Turnips	Kohlrabi	Beets
Zucchini	Tomatillos	Black Walnuts
Watermelon	Pears	Apples
Cabbage	Dried Herbs	Dried Tomatoes
Jams & Jellies	Marmalades	Salsas
Chili Sauce	Beef	Pork
Lamb	Chicken	and more!

and this week's feature:
Jerusalem Artichokes

Lorraine's Jerusalem Artichokes

Last Saturday I decided to work in our kitchen compost. The air was cool and invigorating – just the way I like it! Once I had turned the compost and added some of our own nutrient-rich manure, I glanced over at my bed of Jerusalem Artichokes and thought “hey, why stop now!” So I rolled up my sleeves and started harvesting my JAs -- they were **so** plump and beautiful!

At noon I broke for lunch and called my mom back in Germany to tell her about my romp in the JA bed. She said they call them topinambour, and use them to make schnapps as well as a variety of soups and salads! I'll add my mom's favourite warm topinambour salad recipe to our website shortly, but in the meantime, below you'll find **my** favourite cold raw salad.

As a farmer and a nutritionist, I'm passionate about the nutritional value and health benefits of food. In case you didn't know, JA is a species of sunflower, and is also known as earth apple, sunchoke, sunroot and topinambour. It's a healthy root vegetable cultivated for its highly nutritious and fleshy tuber. The skin of the root can be eaten as well, provided that you clean it thoroughly before eating. The tubers can be enjoyed raw or cooked. Some of their many health benefits include:

- packed with inulin which stimulates growth of good gut bacteria
- rich in Vitamin B1
- do not cause rapid fluctuations in blood sugar levels
- an excellent source of potassium

Bulk PORK Orders

We have pigs going to butcher at the end of November. If you would like to purchase a whole or half pig, please contact us as soon as possible.

Topinambour Salad

- 2 cups Jerusalem Artichokes, finely chopped
- 1 red bell pepper, seeded and cut into small cubes
- 3" daikon radish, peeled and grated
- 1 medium carrot, chopped into small bits
- ¼ cup parsley or cilantro, finely chopped
- 3 Tbsp lemon juice
- 3 Tbsp Olive Oil
- ¼ tsp cayenne pepper
- 2 tsp almond butter
- Salt & pepper to taste



Scrub Jerusalem Artichokes under running water, remove blemishes with paring knife and finely slice. Mix all prepared vegetables together. Make a dressing with lemon juice, oil, almond butter and salt & pepper. Add dressing to veggies, mix well and allow to sit for about 1 hour before serving. This dish will last 2 – 3 days in the fridge.

Lorraine Schmid

Lori Aselstine

www.thymeagain.com
www.facebook.com/ThymeAgain

613.394.1139



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