



The Good Herb

A monthly newsletter with ideas for
using the bounty of the garden!

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Grand Shire Farm
17325 White Creek Ave.,
Sand Lake, MI 49343
616-866-1963 or
connie@grandshirefarm.com

We're finally getting some of the new buildings finished! With all the construction, I only have a small garden space this year—so I've just returned from the farm market with loads of fresh vegetables and fruits! Peaches, sweet corn, sweet peppers in every color imaginable, some wonderful English peas which are still available thanks to the cooler than normal weather, fresh mushrooms from my good friends at *The Urban Mushroom*, and so much more!! Be sure and take advantage of all the wonderful options for fresh foods this time of year—and be sure and try something new along the way!! Today I tried some “donut peaches”. They're shaped just like a donut—but taste almost like a plum! Savor the season!!!!

Thyme-Lime Marinade for Chicken

2 limes
2 Tablespoons olive oil
2 Tablespoons butter or margarine
1 Tablespoon fresh thyme or 1 teaspoon dried thyme
 $\frac{3}{4}$ teaspoon salt
Freshly ground pepper
1 clove garlic, minced

Grate about 1 teaspoon lime peel into a small sauce pan. Squeeze 2 Tablespoons juice from the limes and add to the pan. Add all remaining ingredients. Stir and heat until butter melts.

Brush marinade onto chicken as you're grilling. This makes enough for 4 large chicken breasts. Serve with wild rice and a fresh green vegetable.

Summer afternoon – summer afternoon; to me those have always been the most beautiful two words in the English language. — Henry James

Green Bean Summer Salad with Savory Herb Dressing

Savory is the Herb of the Year for 2015. I just prepared this salad for a photo shoot with Grand Rapids Magazine for the March 2015 addition. All of you get to see the recipe before it comes out next spring in the magazine!!

6 large fresh lettuce leaves for lining the salad plates
1 pound tender fresh green beans, ends trimmed
1 small summer squash or zucchini, peeled and diced
1 sweet red pepper, seeded and diced
1 small red onion, peeled and diced
1 Tablespoon freshly chopped chives for garnish

Dressing:

2 Tablespoons freshly squeezed lime juice
1 Tablespoon honey mustard
1 clove minced garlic
1 Tablespoon finely chopped Summer Savory (or 1 t. dried)
 $\frac{1}{2}$ cup light olive oil
Sea salt and freshly ground pepper to taste

Bring a large pan of water to a boil and add the green beans. When the water returns to a boil, remove and drain the beans. Place the beans in a strainer and run cold water over them until completely cooled. Allow to sit for 5 minutes or so in the strainer to drain.

Move the beans to a bowl. Add in the summer squash, red pepper and red onion. Toss the salad to mix the vegetables. To make the dressing, whisk all dressing ingredients together in a small bowl and toss with the salad ingredients.

Lavender Lemonade

6 cups water
1 Tablespoon lavender flowers (fresh or dried)
1 twelve ounce can of frozen pink lemonade, undiluted
Heat water to boiling. Place lavender flowers in a large tea ball or in a muslin bag. Steep lavender in hot water for 20 minutes. Remove lavender and add frozen lemonade concentrate. Chill lemonade until cool in refrigerator. Serve over ice garnished with a sprig of lavender.