



## The Good Herb

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

July 2014

Grand Shire Farm  
9881 Summit Ave. NE, Rockford,  
MI 49341, 616-866-1963 or  
connie@grandshirefarm.com  
Website: www.grandshirefarm.com

Here we are in the middle of summer already! The new buildings are slowly going up, and I just returned from a week at the American Horticulture Society Symposium where I got lots of ideas for designing our new gardens. I'll soon be updating our website with photos of all the changes!!

Both our gardens and local farm markets are coming alive with a rainbow of beautifully colored fresh vegetables and fruits! In this newsletter I'll feature a few of my favorite summer dishes! Enjoy these beautiful days!!

*Connie*

### Chilled Peach and Mint Soup

6 large peaches, preferably Red Haven  
2 teaspoons lemon juice  
1 cup water  
1 cup white grape juice  
½ cup frozen apple juice concentrate  
1 teaspoon mint extract  
2 cups half and half

Peel peaches by immersing them in boiling water for about 1 minute, and then putting them in very cold water. The skins will slip off easily. Pit the peaches and chop into bite size pieces. As you cut up the peaches, put them in the lemon juice and water for 2 minutes to prevent browning. After the 2 minutes, drain off the lemon water.

Put the peaches, grape and apple juices, and mint extract into a blender, and blend until smooth. Add the half and half and blend another 30 seconds. Chill until ready to serve. Garnish with mint leaves and/or fresh raspberries, optional. Makes 6-7 cups of soup. This soup can be made a day or two before you need it.

### Fruit and Greens Salad with Mint Vinaigrette

4 cups Spring mix greens, 1 small sliced red onion, 1 cup chopped, seeded cucumber, 2 cups chopped watermelon, 1 cup sliced strawberries (or other seasonal fruit), 1 cup Feta cheese crumbles, 1 cup toasted pecans. Toss salad ingredients well.

#### Dressing:

1/2 cup loosely packed fresh mint leaves  
1/3 cup sugar  
1/4 cup olive oil  
1 Tablespoon fresh lemon juice  
1/4 teaspoon salt  
1/4 teaspoon freshly grated black pepper



To make the dressing, place mint and sugar in a food processor and process until mint is ground fine. Add the remaining ingredients and process another 30 seconds. Drizzle dressing over the salad and toss to coat.

### Garden Herb Grilled Pork Roast

½ cup olive oil  
6 cloves minced garlic  
¼ cup chopped fresh basil  
2 Tablespoons chopped fresh chives  
1 Tablespoon chopped fresh oregano  
2 teaspoons salt  
½ teaspoon pepper  
4 pound boneless pork top loin roast (tied)

In a small bowl, mix all ingredients except the meat. Put the meat in a large Ziploc bag and pour in the marinade. Close the bag and turn the bag several times to saturate the roast. Place roast in the refrigerator and marinate for 12 hours.

Remove meat from bag and discard the remaining marinade. Prepare either a gas or charcoal grill. Place meat on your grill, preferably over a drip pan. Cover and grill for about 2 hours, until a meat thermometer reads 150 degrees. Remove roast from grill and cover with foil. Let set for 15 minutes before carving.