

Locally Grown

Local Vegetables : Garden Grown and Hand-Picked

Meet the Creightons

Jane and Horace Creighton moved to Pomona, Kansas from Boston, Massachusetts to start River Bluff Gardens. Their farm is dedicated to growing tomatoes, hostas, and daylilies.

The property has been in Jane's family for generations. Her great grandmother arrived in a covered wagon in 1868 with 8 oxen, 2 wagons, 12 children and one on the way. Horace, a retired engineer, brings his family's expertise in growing tomatoes to their farm operation. His family was known throughout the Southern United States for their remarkable tomatoes.

Today, Jane and Horace pride themselves on their dedication to a precise system for producing high quality tomatoes. Every tomato is planted by hand, picked by hand, cleaned by hand, graded by hand, and packed by hand. "We're not part of an industrialized farming system," Jane said. "The size of our tomatoes may vary, but our quality is there in every one." Their son Lance is helping grow the business and with his wife Jane and their children, Lance plans on this family farm operation to continue for generations.

Meet the Moyers

David and Laura Moyer farm in Richmond, Missouri. They raise all kinds of vegetables but are best known for their squash, which they harvest every day. They have 40 hives of bees around their squash fields for pollination. Since they added the bee hives, they are able to grow the same amount of squash on fewer acres. They grow zucchini squash, yellow crook neck, and some unusual kinds. Laura also likes to harvest the squash blossoms. Each squash plant produces lots of blossoms, some on the stem and some on the immature fruit. Laura harvests only the blossoms on the stem or the male blossoms which will not produce fruit. Squash blossoms are a wonderful choice for summertime meals.

All of these local farm fresh fruits and vegetables and more are at your neighborhood Hen House Market.

Squash Blossom Frittata

3-4 blossoms

1-2 baby squash

4 eggs

Dash of milk

2 green onions

Asiago cheese

Chopped parsley and snipped chives (optional)

Salt and pepper to taste

1. Pick 3 to 4 blossoms per person and 1 or 2 baby yellow or green summer squash. Rinse

blossoms well and drain on paper towels.

2. Beat 4 eggs with a little milk. Add fresh chopped parsley and snipped chives, if desired. Add salt and pepper to taste.

3. In a non-stick pan, saute a little butter and cook 2 green onion and thinly sliced baby squash just until soft. Then quickly saute the blossoms for about 30 seconds and remove from pan.

4. Pour egg mix into pan, sprinkle and arrange the onions, squash and blossoms on top and cook over low to medium heat until almost set. Sprinkle with Asiago cheese and put under the broiler until lightly puffed and browned. Recipe courtesy of www.seasonalchef.com