

Stuckmeyers

April 08, 2013

Volume 11, Issue 1

Think Spring

Stuckmeyers, Inc Farm Market & Greenhouse Located off 141 & 21. Fenton, Mo

Hours: Mon-Fri: 9-6, Sat: 9-5, Sun: 10-4

636-349-1225 www.stuckmeyers.com

– Mark Your Calendars -- Come out and Enjoy Spring

- Saturday, April 13th – 11th Annual Gardening Seminar starting at 1pm
- Friday, April 26th – Stuckmeyer's Vegetable Market Opens.
- Saturday, May 11th - Mother's Day prep – Kids come out and plant the perfect flowerpot for Mom - Free. 10 am to 3:00 pm

Stuckmeyer's Gift Certificates are Available

Gift Certificates are available for that "hard to buy for person" who loves to garden. We also have giftware and a large assortment of potted containers. Stop in and see what is happening at Stuckmeyer's. We have been busy getting things ready for this Spring!

Green Kale?

Have you heard all of the buzz about Green Kale? It is one of the newest crazes in the vegetable world.

As one of the most nutritionally dense foods, Kale scores a perfect 1,000 on the Aggregate Nutrient Density Index. The ANDI score is a food rating system that measures nutrients per calorie. One cup of kale has only 36 calories but its chock full of Vitamins K (1328% RDA), A (192%), C (90%), and E (6%). Kale also has calcium (9%), iron (6%), manganese, copper, calcium, fiber (10%), vitamin

B6, potassium, iron, photochemical and even Omega 3 Fatty Acids (10%).

One way to make kale is to sauté it with garlic and coconut oil (great as a side dish or as part of a main dish!). Use 2-3 cloves of garlic and about 1 tbsp coconut oil to one big bunch of kale. Gently heat the garlic then add the washed and chopped kale to your frying pan. You want to cook it over a medium-low heat until the leaves soften and wilt. How long you sauté is a personal preference, but to keep some

of its bright vibrant green color and health benefits so I don't cook it for more than five minutes (remember, even if you turn off the heat, food keeps cooking!). If you want to go without oil, try braising: simmer in three-quarters of a cup of veggie broth for 20 minutes to soften up the leaves, drain and serve. **Green kale** – the most common variety has a firm texture and curly leaves. **Red kale** – similar in taste and texture to green kale, but adds a splash of red or purple to your plate. **Dinosaur kale** – the leaves are flatter and more tender than the other types.

Come out and Join our Gardening Seminar-- "Color... Color... What Should I Choose?"

This will be our eleventh year to hold the Gardening Seminar. This year the staff of Stuckmeyer's will be conducting the seminar. This year's topic will be on "Color...Color...What should I choose?" This talk will help you decide what colors to use in your combination containers. So often we have many questions on what plants

grow well together and what colors to use. Not that we have all the answers, but we can give some suggestions and new ideas.

Also, during the seminar the staff of Stuckmeyer's will show what is new for this year. If you have never made it to a seminar, there is always a tip or two that can

be picked up. Plus many questions are discussed from those in attendance. The seminar will be held Saturday, April 13th starting at 1:00 pm. Refreshments, door prizes and discounts will be available during the seminar. Please join us and bring a friend. This should be very informative and enjoyable for everyone that attends!

Back by Popular Demand-- Kid's Day

Dads - bring the kids out on Saturday, May 11th to design and plant a free Mother's Day container for your special someone. All supplies, including the card are furnished by Stuckmeyer's for FREE!

The staff at Stuckmeyer's will be available to assist the kids planting the containers. Last year we had over 750 kids that enjoyed decorating their very own specially designed pot.

This is always a very popular event; hope to see all of you.

A tent will be setup for this special event. Hours for this event are 10:00 am to 3:00 pm.

Our Vegetable Market Opening April 26th...

Stuckmeyer's Farm Market and Greenhouse

249 Schneider Dr.
Fenton, MO 63026

PHONE:
(636) 349-1225

E-MAIL:
info@stuckmeyers.com

About Stuckmeyer's...

Our goal is not only to grow an expansive selection of quality annuals, perennials and herbs, but to share information and inspiration with our valued customers.
"Where Quality is Home Grown"

We're on the Web!

See us at:

www.stuckmeyers.com

Stuckmeyer's Homegrown Schedule

	April	May	June	July	Aug
Asparagus	X	X			
Beets		X	X		
Blackberries			X	X	X
Cabbage			X		
Cantaloupe				X	X
Cucumbers			X	X	X
Dill			X	X	
Eggplant				X	X
Green Beans			X	X	X
Okra				X	X
Peas		X			
Peppers				X	X
Potatoes					X
Radishes		X			
Rhubarb	X	X			
Strawberries		X	X		
Sweet Corn				X	X
Tomatoes				X	X
Watermelon				X	X
Zucchini			X	X	X

Our customers are ready for fresh fruits and vegetables. Coming soon we will have our own lettuce, green onions, radishes, and asparagus. Soon after this our strawberries will be in.

Stuckmeyer's Farm Market is just like having a farmer's market 7 days a week. No need to wait for the weekend to go to the farmer's market. We grow a large variety of vegetables. We also fill in with other locally grown items.

Stuckmeyers is also starting to sell more and more of our locally harvested honey, some of it is actually from our farm.

***Time to start planting
your onion sets/plants,
potatoes, lettuce,
cabbage, broccoli,
cauliflower and sweet
peas.***

Stuckmeyer's Spring Coupon

Redeemable Through June 30, 2013

Receive \$2.00 off on your next purchase of \$20.00 or more
at Stuckmeyers, Inc., Fenton, MO

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