

# The Scoop



From  
Saunders Brothers  
Farm Market

## Stuffed Zucchini

- 1 1/2 lbs. ground beef (browned and drained)
- 1 medium onion, chopped
- 1 green pepper, diced
- 1 1/4 cups soft breadcrumbs
- 1 beaten egg
- 1 tbsp. dried parsley flakes
- 1 tsp. Italian seasoning
- 1 tsp. salt
- 1/4 tsp. pepper
- 16 oz. can tomato sauce (divided)
- 2 fresh coarsely chopped tomatoes
- 4 to 5 zucchini
- 2 cups shredded mozzarella cheese

1. In a large bowl, combine the first 10 ingredients and one half of the tomato sauce and mix well.
2. Stir in coarsely chopped tomatoes.
3. Halve the zucchini lengthwise, scoop out the center part of the zucchini to about 1/4 inch from the edge.
4. Fill with meat mixture and place in two 13 x 9 inch baking dishes.
5. Spoon remaining tomato sauce over the filled zucchini.
6. Bake uncovered, at 375 degrees for 45 minutes or until zucchini is tender.
7. Sprinkle with cheese during the last five minutes of baking.

## *The Fuzz Buzz*

### **Saunders Brothers Fruit and Vegetables Are Here!**

We have yellow summer squash, zucchini squash, cucumbers, cabbage, and broccoli straight from the farm.

Don't forget that we now have  
Saunders Brothers farm-raised beef.

Plants of all types  
are available at  
the Market each  
week! Come and  
check out the  
beautiful choices!

Vegetable plants  
**50%** off  
while supplies  
last!



## **Saunders Brothers Farm-Raised Angus Beef**

On Saturday, May 28th Saunders Brothers introduced their farm raised Angus beef as a new product at the Market. The Angus cattle are grass fed here on the farm and finished fed with grain. They have never been given hormones or antibiotics. Processing of the beef has been completed by a USDA Certified Processing Facility which means that stringent procedures are in place to assure the best possible product is ready for your table.

So – Where's the beef?  
Right at our Market!