FARMER SPOTLIGHT

SUMMERS WELLNESS FARM
EST. 1868
SWF

BRANCHVILLE, SC

CERTIFIED SC PRODUCT

As we move into 2026, we are increasing our efforts to source more from local farmers to supply our bi-weekly Fresh Food Box program in the Midlands area. This week, we are excited to include **butternut squash** from **Summers Wellness Farm** in **Branchville, SC**!

Summers Wellness Farm is more than just a farm – they're a legacy. As a **seventh generation family-owned farm**, they are dedicated to growing fresh, produce with a commitment to sustainability, community and ethical farming practices.

And here's the really inspiring part! Originally **established in 1868**, their farm came back to life when owner and founder, Kevin Summers, returned home after 30 years as an executive in corporate America. He set out to buy back all of the land that had been sold piece-by-piece over the years to put the farm back to work with his oldest brother, Jasper.

If you eat today, thank a farmer! It's easy to forget where our food comes from and Summers Wellness Farm reminds us that every meal starts with hard-working hands and fertile land. We encourage you join us in supporting local farmers whenever you can and enjoy the freshest produce in every bite.

Butternut Squash and Pepper Pan-Fry

Ingredients

- 1 medium butternut squash
- 1 1/2 Tablespoons oil
- 1 medium red onion, chopped (about 1 cup)
- 1 teaspoon salt
- 2-3 jalapenos, seeded and diced
- 1 cup grated cheese

Instructions

1. Peel squash, cut in half and remove seeds. Cut the squash into 1/2 inch cubes.
2. In a large pan, heat oil over medium heat. Add onions and cook, stirring for about 3 minutes.
3. Add the squash, salt.
4. Cover and cook, stirring occasionally, about 10-12 minutes. Stir in jalapenos and cook about 3 minutes.
5. Sprinkle with cheese and cover until cheese melts, about 2 minutes.
6. Serve hot. Refrigerate leftovers within 2 hours.

Notes

- Try using this as a filling for tacos, burritos, or wraps!

Adapted from eatgathergo.org

Jalapeno Shrimp Tacos

Ingredients

- 12-16 medium shrimp, peeled
- 4 tortillas, flour or corn
- 1 jalapeno pepper, sliced and deseeded
- 1 red onion, sliced
- 1 Tablespoon oil
- 1 teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. Peel and devein shrimp if needed.
2. Remove seeds from jalapeno pepper and slice.
3. Slice onion into thin strips.
4. Heat oil in a pan on medium.
5. Add sliced onion and jalapeno pepper, cook 5-7 minutes or until soft.
6. Remove sliced vegetables from the pan.
7. Add shrimp and spices, cook for 2-3 minutes per side or until pink. Shrimp cooks fast, so make sure to watch them!
8. Fill the tortillas.
9. Add lime, yogurt, or cheese if desired.

FoodShare-SC Culinary Medicine Teaching Kitchen

Apple and Spinach Salad

Salad Ingredients

- 1 ¼ cup spinach
- 1-2 fuji apples, chopped
- 1 cup raisins
- ½ cup chopped nuts (almonds, walnuts, pecans), optional
- ¼ cup cheese or your choice, optional

Dressing Ingredients

- ¼ cup oil
- 3 Tablespoons vinegar (white or apple cider)
- 2 Tablespoons honey
- Salt and pepper to taste

Instructions

1. In a large bowl, combine the spinach, chopped apples, and raisins.
2. In a small bowl or jar, mix the dressing ingredients. Stir or shake until combined.
3. Just before serving, pour the dressing over the salad.

Adapted from myplate.gov

Spicy Cantaloupe Salsa

Ingredients

- 1 cup cantaloupe, chopped
- 1 tomato, chopped
- 1 red or green bell pepper, chopped
- ½ red onion, chopped
- 2-3 jalapeno peppers (½ cup), chopped
- 1 Tablespoon lime or lemon juice
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup chopped cilantro, optional

Instructions

1. Remove seeds and rind from cantaloupe.
2. Remove seeds from jalapeno peppers.
3. Chop cantaloupe, tomato, bell pepper, onion, jalapeno peppers, and cilantro into small pieces.
4. Add chopped ingredients into a large bowl.
5. Add lime or lemon juice, salt and pepper and stir to mix.
6. Chill and serve fresh!
7. Try with chips, tacos, chicken, and more!

Adapted from fns-prod.azureedge.us