

In the basket . . .

Green Leaf Lettuce (organic) – New for fall this week!

The beautiful heads of organic green leaf are the reward of cooler September temperatures this year. These will store longer than the mixed salad greens, especially if rinsed and excess water drained off. Add a paper towel to your storage bag.

Fall Braising Greens (organic)

Remember that the brighter the color, the better the vegetable is for your body! Greens have generous amounts of Vitamins A, C and some Vitamin B and folic acid. High in fiber and low in calories, dark leafy greens help in disease prevention. You have most likely heard by now to “visit the farm, not the pharmacy.”

Recipe ideas include using in place of spinach in an omelet, frittata, quiche, or lasagna. Serve greens tossed with red wine vinegar, olive oil, salt and pepper. Or add a twist with sesame oil, rice vinegar and soy sauce.

Keep moist when storing in refrigerator, or for long-term storage, greens freeze well after cooking.

Gold Potatoes (organic)

Enjoy these potatoes oven-roasted or cooked lightly with a little butter and spice. Find a recipe below for a spicy Peruvian-style dish.

Cilantro (organic)

Use in the potato recipe below, or in salsa or black bean chili. To freeze cilantro, process with a little water and pour into an ice cube tray. When frozen, pop out and store in a plastic bag ready to use in your freezer.

Sweet Basil (organic)

This warm weather herb is winding down. Enjoy with tomatoes one last time, or process with olive oil and freeze in ice trays as described above.

Spaghetti Squash

This bright yellow squash has excellent storability. Its nutritive value makes it an important fall and winter vegetable for those eating seasonally. Slice

in half lengthwise, scoop out the seeds, place facedown on a baking dish, add a little water to avoid drying out. Bake at 350 for 40 minutes to 1 hour depending on size.

Scoop out the flesh, or fleck out lightly with a fork in spaghetti-like strings. Serve with butter and Parmesan cheese, or with basil pesto, or with your favorite tomato sauce.

Summer Squash

The late planting of yellow squash and zucchini has come along with recent sunny weather. Remember that this vegetable will be gone once the cold temperatures and chilling frost sets in.

Hot Peppers

Find jalapeno or serrano peppers, along with a somewhat milder poblano pepper. Dry the smaller peppers for use later, or freeze to throw into a stew or soup during winter. The poblano is most often used for the Mexican mole sauce, or to stuff.

Sweet Bell Peppers – (green bells, organic)

The yellow sunbell, purple sweet bell, or brown chocolate bell can be used in any recipe calling for a sweet green or colored bell pepper.

Red Tomatoes or Green Tomatoes (organic)

The last planting of slicing tomatoes continues to produce large fruit. The challenge comes with the slowness of ripening. Enjoy the end of the season sliced tomatoes with mozzarella and basil, or fry a few green tomatoes for a nice treat.

The Swap Box this week has a few **Easter Egg Radishes (organic)**.

Recipes . . .

Potatoes with Chiles and Cheese adapted from *Asparagus to Zucchini*

2 pounds potatoes
2 T vegetable oil
1 C finely chopped onion
2 minced jalapenos or serranos
1 T minced garlic
1 C milk
6 ounces feta, crumbled

3 hard-cooked eggs, chopped
2 T chopped cilantro
salt and pepper to taste

Boil potatoes in salted water until nearly tender. Heat oil in large skillet over medium-low flame. Add onions; cook 5 minutes. Add peppers and garlic; cook until tender, about 2 minutes. Drain potatoes; cut into cubes. Add potatoes and milk to onions. Simmer until potatoes absorb some liquid. Stir in cheese and eggs; heat briefly. Stir in cilantro, salt, and pepper. Makes 6 servings.

Cider Braised Greens

Recipe from The Red Lion Inn

1 T diced onion
2 C apple cider
1 C chicken or vegetable stock
salt to taste
12 stalks heavy greens, leaves roughly chopped, stems diced if tender, discard if large tough stem

Combine the onion, cider, stock, and salt in a large pot and bring to a boil over medium-high heat. Reduce the heat to medium and add the greens. Cover the pot and simmer for 10 minutes. Check the greens for tenderness, stir them, and add a little more salt if desired. Recover the pot and cook until the greens are fully tender, about 4 minutes more. Serves 4.

From the farm . . .

We have one more pickup after this one: next week is the **last week October 9-10th**. Please return all of your baskets. Next week's share will be distributed in bags. We will also include a member survey next week to help us evaluate the season. Elmwood will be set up at the Lexington Farmers market each Saturday throughout November downtown on Vine Street with our organic beef and chickens, and holiday turkeys. Our website should be updated with each week's newsletter in case you misplaced one or would like to review previous recipes. Visit the CSA page on www.elmwoodstockfarm.com

We would like to take this opportunity to share with you an awareness of the whole team effort that it

takes to grow and provide food for this community-supported program. Without the willingness of our folks who care enough to give attention to the details, we would not be able to bring the whole process together of growing, harvesting and distributing good food to good people.

John, helped by some of the family, usually starts seeds for transplants in the greenhouse in February. Sowing of seeds out in the fields is the next big job followed by daily management of greenhouses and the high tunnel crops. This spring, Jose and Ernesto Gonzalez arrived to help with transplanting, stringing and staking tomatoes, and tending to the early crops. Early summer brought Ben Abell, who helps with both vegetable and poultry production and Ford Waterstrat who helps Cecil with organic hay production and other farm work. Most of you have seen Katie Shropshire during pickup -- both at the farm finishing up with basket making and at our Lexington market pickup. This fall we've been happy to have CSA member, Benjamin Bynum, help out in these jobs also. Melissa put together your newsletter each week from what the picking crew thought would be ready, and Kay organized the Frankfort pickup each Monday. Along with the tremendous efforts of these individuals, over a dozen others work very hard to help us with our commercial crops and farmers' markets part-time.

Elmwood added a farm-help lunch this summer, giving each of us a chance to enjoy a home-cooked meal during a busy and long workday -- everyone knows the feeling of just being too tired to cook. We all feel fortunate to have access to fresh vegetables and wholesome meats, and are thankful for the efforts of two farm cooks who happily have fed us all season. They use (and sometimes create) the newsletter recipes too!

The CSA program is our favorite way of getting our food to people that want it. Rather than picking a crop for a box on a truck to an unknown destination, it is a benefit to us to know that the crop we grow and harvest is for you and your family. "Food with a face" works both ways.

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