

## In the basket ...

### Garlic (organic) – new this week!

This hardneck garlic first grows upright, then makes a 90-degree turn and grows back towards itself, then juts off into a blossom. Those blossoms are the garlic scapes that you had earlier in the season. Now you get to try to garlic bulb.

The bulbs of hardneck garlic generally have about 5 to 10 cloves per head, and they are relatively large.

Use the flat side of a knife to crush the garlic. Remove the peel, and then slice or mince the clove.

Be careful not to brown garlic when sautéing because that gives it a bitter taste. The smaller the bulb, the more pungent it is.

Don't refrigerate the garlic. Store it in a cool, dark, dry place. It will continue to dry out and cure.

### Green Tomatoes – new this week!

Fried green tomatoes are a Southern classic, and we've included a few different ways to make them in our recipe section below.

Don't refrigerate your tomatoes. Tomatoes definitely don't like the cold.

### Sweet Corn (organic) – new this week!

This bi-color corn is the first of the season. Although planted early in the spring, temperature and rainfall determines how soon it is ready for harvest. Enjoy just a little this week, more later on.

### Yellow Squash and Zucchini

In your basket, you'll find both yellow squash and zucchini. Summer squash are some of the most versatile vegetables you can cook with. You can make everything from crudités to casseroles to dessert using squash. We've included just a few recipes below to get you started.

### Green Cabbage (organic)

Cabbage is a cool season crop, so we're fortunate to have it this late in the summer. This may be the last time you see it for a while, so enjoy.

**Swap Box** - This week, there will be some organic **beets** to start out the swap.

### Red Tomatoes

While tomatoes aren't bountiful just yet, we have included a few to whet your appetite.

### Green Onions (organic)

These onions have a nice, intense flavor and will add a little zing to any salad or dish.

### Sweet Basil (organic)

Basil is such a refreshing herb. Luckily for us, it thrives in hot, humid weather so Kentucky provides a good climate for growing it.

### Lettuce (organic)

This week, there is either red oak or green romaine in your basket.

In the **regular and robust baskets only**, you will also find ...

- ✓ **Swiss Chard (organic)**
- ✓ **Spinach (organic)**
- ✓ **Cauliflower (organic)**

## Recipes to enjoy ...

### Kay's Summer Squash Casserole

This is a family favorite of ours that we highlighted in the newsletter last year.

2 cups cooked squash, drain and mash well  
1 cup milk  
4 tbsp butter  
3 tbsp sugar

Heat the milk, butter, and sugar. Add some dried onion flakes, salt and pepper to taste. Add 1 cup of cracker crumbs and squash to milk mixture. Allow to cool. Add 2 beaten eggs to mix. Put into baking dish and add few more cracker crumbs on top before cooking. Bake at 350° for 30 minutes. Serves 6.

## Grilled Zucchini

*Zucchini has such a wonderful flavor when it's grilled.*

2 tbsp olive oil  
1 tsp sugar  
1 tsp cumin  
½ tsp salt  
3 or 4 zucchini, sliced lengthwise

Fire up the grill. Combine first four ingredients and brush mixture onto zucchini. Grill 7 to 11 minutes, or until tender.

## Quick Fix, Fried Green Tomatoes

*This is a fast and simple way to make fried green tomatoes.*

Wash and slice tomatoes in ¼ inch slices. Put cornmeal in a bowl; dredge each slice in meal, covering both sides. Heat ½ inch depth of cooking oil on medium in a heavy iron skillet. (Pure lard works great, or Crisco oil). Gently lay tomato slices in pan covering bottom but not overlapping. Cook until brown and turn once, browning the other side. Watch carefully as they cook quickly. Drain on paper towel. Serve warm; sprinkle with Worcestershire Sauce.

## Herbed Green Tomatoes

*This recipe takes more time than the one above because it calls for draining the tomatoes before frying and adding a few more ingredients.*

Wash and slice tomatoes in ¼ inch slices. Sprinkle slices with salt and drain 30-60 minutes

Mix the following in a bowl:

¼ cup cornmeal  
¼ cup grated Parmesan cheese  
2 tbsp all purpose flour  
¾ tsp garlic salt  
½ tsp dried oregano  
1/8 tsp black pepper

Beat an egg. Dip each slice in egg, then flour mixture covering both sides.

Heat ½ inch depth of cooking oil on medium in a heavy iron skillet. Gently lay tomato slices in pan covering bottom but not overlapping. Cook until brown and turn once, browning the other side. Watch carefully as they cook quickly. Drain on paper towel. Serve warm or room temperature, and sprinkle with Worcestershire Sauce.

## Roasted Garlic

*This makes a great appetizer. Simply rub the roasted garlic on crostini.*

Cut the tops off the garlic bulbs so that the cloves show. Dab with some olive oil. Bake at 350° for an hour.

## News from the farm ...



Needing bees for pollination, we have several hives kept on the farm. Fayette County beekeeper, Abigail Keam, brought four hives out this spring. Looking closely at the blackberry blossom above, you can see a diligent honeybee at work. Abigail shares the honey harvest with us at Elmwood and we enjoy it as a breakfast condiment, in coffee or tea, and as a replacement for refined sugar in many baked desserts.

This reminds us that the blackberries are still red, and beginning to fill out a little. It looks like a later harvest this year, so we'll let you know when they begin turning black and getting sweet.