

In the basket ...

This week you will find a lot of different staples to make a great Fourth of July feast ...

- ✓ **Salad Mix (organic)**
- ✓ **Spinach (organic)**
- ✓ **Beets (organic)**
- ✓ **Sweet Basil (organic)**
- ✓ **Green Cabbage (organic)**
- ✓ **Cauliflower (organic)**

Remember – if you did not have cauliflower in your basket last week, you should have it now.

Fennel (organic) – new this week!

There are two major types of fennel – wild fennel has small flat seeds and is used as a spice and Florence fennel, which has a bulb for a base and is used as a vegetable. You have a bulbous fennel. The specific variety is called Perfection.

Fennel has a flavor reminiscent of licorice. Fennel is related to carrots, celery, parsley, dill, and anise. And you can use fennel and celery interchangeably in recipes. It can be eaten raw, steamed, baked, or sautéed. You can store it in a plastic bag in the fridge for up to two weeks, but cut the leaves off the bulb first.

Early Red Field Tomatoes – new this week!

Although a little early for this year's late spring in central Kentucky, we picked a few small red ones for you to enjoy over the holiday. The variety, size, flavor, and number of tomatoes in your basket will greatly increase over the next couple of months.

Tip on storing Sweet Basil: Basil keeps best cool, but not below 40 degrees. We recommend closing the plastic bag and then putting the whole thing into another bag or plastic-type container, and putting all that into the refrigerator. The goal is to keep a couple of layers of air around the basil and

Swap Box - This week, we will have a few organic **kohlrabi** to start out the swap.

the cold air. Or, use it all in a day or two! If it dries out, it is still useful as a dried herb.

Recipes to enjoy ...

Easy Pesto Sauce

Here's a simple and delicious way to enjoy your basil, recipe can be adjusted for any amount.

- 1 ½ cups lightly packed fresh basil leaves (approx. 3 ounces)
- 2 minced garlic cloves
- 3 T freshly grated Parmesan cheese
- 1/8 tsp ground black pepper
- 1/4 cups olive oil

Prepare basil by removing leaves from stems. Puree all ingredients in food processor, adding more olive oil if necessary for proper blending. Serve tossed with fresh hot pasta, and topped with grated Parmesan cheese. Use within 1 week or may be frozen. (This is an easy version to whip up; if desired, pine nuts or walnuts or almonds can be added during processing.)

Fennel Orange Muffins

This recipe comes from the *From Asparagus to Zucchini*.

- 1 medium orange, peeled and seeded
- 2 eggs
- ½ cup vegetable oil (or use safflower or canola oil)
- ¾ cup brown sugar
- 1 tsp vanilla
- 2 cups grated fennel bulb
- 2 ¼ cups flour
- 1 ½ tsp baking powder
- ½ tsp salt

Heat oven to 350°. Oil muffin cups. Puree orange in blender, then combine with eggs, oil, sugar, vanilla, and fennel in a bowl. Sift flour, baking powder, and salt. Then fold into wet ingredients. Do not overmix. Spoon into muffin cups, and bake 20 to 25 minutes or until golden brown.

Spinach Sensation

Here is a recipe from our family table adapted by Kay to enjoy the fresh spinach of the season.

Originally an appetizer in Creating a Stir, it works just as well as a side vegetable.

½ C all-purpose flour
½ tsp baking powder
½ tsp salt
1 large egg, lightly beaten
3 T butter, melted
½ C milk
½ small onion, minced (green onions will work)
2 C finely shredded sharp cheddar cheese
1 bag fresh organic spinach, washed and chopped and steamed until wilted

Combine flour, powder and salt in large bowl; add eggs, butter and milk. Stir well. Stir in onion, cheese and spinach. Pour into lightly greased 8 x 8 inch pan. Bake at 350 degrees for 35-45 minutes or until golden. Let stand at room temperature 5 minutes before serving.

News from the farm ...

The heritage turkeys are really fun to just sit and watch this time of year. The tom turkeys actually strut around in circles (large figure eights really) fluffing out their tail feathers into a fan trying to appear as large, colorful, and attractive to the hen turkeys as possible. Most of the time the hens just ignore them and move about looking for seeds, grains, and a possible worm or insect. The tom turkeys really just seem to attract other tom turkeys.



Each breed has unique coloring and are quite beautiful. The Royal Palm seems most striking with the clean white feathers rimmed with contrasting black. The Blue Slates are really grayish with a few polka dots splashed across the body and the tail feathers in dark black. The Bourbon Reds are red-brown feathers with white striping and red-brown again on the tips of the tails. All three breeds are considered endangered within American agriculture.

According to the American Livestock Breeds Conservatory, most prolific are the Bourbon Reds (named years ago after neighboring Bourbon County, KY) but there are only 300 known breeding pairs in the whole country. Royal Palm numbers about 100 breeding pairs. Blue Slates number even less at 50. We continue to try to encourage natural mating and have even hatched out several clutches of eggs. To help perpetuate these heritage breeds and to pay for their upkeep, we sell some of the offspring to hobbyists and raise up others for Thanksgiving and holidays turkeys. Our organically raised turkeys are one part of our whole farm plan. We hope to only slightly increase our breeding pair numbers each year.

