

In the basket . . .

This week, you'll find some familiar items in your basket including:

- ✓ red tomatoes
- ✓ stringless green beans (organic)
- ✓ garlic (organic)
- ✓ gold potatoes (organic)

Eggplant

You may have the white Tango variety, or purple slender Orient Charm, or the round fat Italian variety, Rosa Bianca. Enjoy roasted or grilled.

Sweet peppers

Several varieties are included. You may have Sweet Cubanelle, sweet Chocolate Bells, Purple Bells, or the white Sunbells. All can be used as a green or red bell and have a crisp summer flavor.

Hot peppers

Varieties include Jalapenos and Serranos either green or already turning red. A little goes a long way, and the smallest ones can be dried for use in winter.

We also have some new items to introduce to you ...

Butternut squash – new this week!

You had spaghetti squash in your basket last week. This week you have another type of winter squash – butternut. It has a hard shell like other winter squash, and all the information we gave you last week about spaghetti squash pertains to butternut as well.

The squash, as you can see, is beige and shaped like a vase. It has a little more water than other types of winter squash and tastes a little like sweet potatoes. The more orange the flesh is, the riper and sweeter the squash is.

Winter squash can be used in both savory and sweet dishes, and we've included a recipe for one of each type of dish.

Seedless grapes – new this week!

These local seedless grapes are not grown at Elmwood, but we were given an abundance to find a home for while the grower tended to another matter. You may have the green Marquis or the purple Mars, both grown in Woodford County and picked when ripe.

Rosemary – new this week!

Rosemary is an incredibly fragrant herb. Your bundle was grown by a neighbor to include in your basket. It

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has a silvery-green color and needle-like leaves. Its flavor hints of both lemon and pine, which is an interesting combination.

To use the rosemary, hold the stem upright and pull your fingers down the stem. Then use the leaves that fall off and discard the stem.

To store, wrap in a paper towel and put in a plastic bag in the fridge for a few days.

Sage – new this week!

Lots of Thanksgiving recipes use sage, so this herb reminds us that fall is just around the corner. The leaves are oval with a gray-green color. Its flavor is a bit bitter, so it's better to use the herb in a cooked recipe. Grown by our neighbor for our CSA members, enjoy this tri-color fresh herb.

Store it like you do the rosemary.

Recipes to enjoy . . .

Winter Squash Pancake with Mozzarella and Sage

This savory recipe comes from Local Flavors: Cooking and Eating from America's Farmers' Markets.

- 1 butternut squash
- sea salt
- pepper
- 3 tbsp unsalted butter
- 10 large sage leaves
- 4 oz fresh or smoked mozzarella
- 3 tbsp parsley leaves
- 1 garlic clove

Preheat the oven to 375°. Cut the squash in half, scoop out the seeds, brush the cut surface with oil, and place cut side down on a baking dish. Bake about 40 minutes or until the squash is very soft when you press it with your finger.

Scoop out the flesh and beat it with a fork to smooth it out. Season with salt and pepper to taste.

Melt the butter in a medium nonstick skillet. Add the sage leaves and cook over medium heat for a minute or

two. Add the squash and smooth it out. Cook for 15 minutes. Then stir. Scrape up the browned undersides and press a new layer to the bottom of the pan. Continue doing this until the squash becomes very brown.

While the squash is browning, thinly slice the cheese and chop the parsley and garlic together. Just before serving, pat the squash evenly in the pan once more. Lay the cheese over the top, then cover and cook for a few minutes until the cheese softens. Remove the lid, add the parsley-garlic mixture, and serve.

Squash Pudding

This sweet recipe is adapted from a Southern Living recipe.

2-3 butternut squash
 ¼ cup butter, softened
 2 eggs
 1 tbsp milk
 1 tsp vanilla extract
 ½ tsp grated lemon rind
 ½ tsp ground nutmeg
 ½ tsp ground cinnamon
 1 tsp ground mace
 ½ cup sugar or about that much pure maple syrup
 ½ cup firmly packed brown sugar
 ½ cup chopped pecans, divided

Preheat oven to 400°. Cut squash in half lengthwise and remove seeds. Place cut side down in shallow baking pans. Add ½-inch of water. Cover and bake for 40 minutes or until tender. Drain. Scoop out pulp and discard shell.

Lower oven temperature to 350°. Combine squash pulp and next 10 ingredients in large bowl. Beat with an electric mixer until smooth. Stir in ¼ cup of pecans. Spoon mixture into a greased 2-quart baking dish. Bake, uncovered, for 45 minutes. Sprinkle with remaining pecans. Bake an additional 5 minutes.

Eggplant Casserole

This tasty recipe is easy to prepare.

1 eggplant, peeled and chopped
 4 slices bread, torn
 1 (5 oz) can evaporated milk
 1 medium onion, chopped
 2 cloves garlic, minced
 ¼ cup butter or margarine, melted
 2 large eggs, separated
 ½ tsp salt
 ¼ tsp pepper

¼ cup grated Parmesan cheese

Cover eggplant with water in saucepan. Cook eggplant in boiling water for 10 minutes or until tender. Drain well. Mash eggplant and set aside.

Combine bread and milk. Let stand 10 minutes.

Cook onion and garlic in butter in a large skillet over medium-high heat, stirring constantly, until tender. Add eggplant, egg yolks, salt, and pepper. Set aside.

Beat egg whites until stiff peaks form. Fold into eggplant mixture. Pour into well-greased 1 ½-quart baking dish and sprinkle with cheese. Bake at 350 degrees for 30 minutes or until set. Serve immediately.

Oven Roasted Potatoes with Rosemary and Garlic

The original recipe, which comes from Paula Deen on the Food Network, calls for red potatoes but our gold potatoes work just fine.

1 ½ lbs potatoes, scrubbed, dried, and cut into pieces if desired
 ¼ cup extra virgin olive oil
 4 to 6 cloves garlic, crushed
 1 tbsp fresh rosemary

Preheat the oven to 350°. In a large bowl, mix the oil, garlic, and rosemary. Add the potatoes and toss well. Transfer to a shallow baking dish and roast until potatoes are tender when tested with the tip of a knife. Serve immediately or chill them if you prefer.

Fall crops coming along . . .

