

## ***In the basket . . .***

fresh spinach – the second planting this season, somehow it made a nice size despite the warm temperatures

romaine lettuce or spring salad mix -- we have several varieties of green and red romaine, the mix includes green oakleaf, red lolla rossa, and both green & red leaf

beets -- can be steamed and served with a vinaigrette dressing, or more below . . .

summer squash mix – patty pan, zucchini, yellow squashes can be sautéed in oil with a little green onion, or use pesto in stead of oil for the sauce

green onions – not so sweet, but still fresh and flavorful in green salad, or sautéed with beets, squash or kohlrabi

sweet basil – we know summer is here once the basil comes in, more below . . .

kohlrabi – the weird looking thing with leaves coming out of it, recipe below

curly & red Russian kale – remove stems by folding in half lengthwise and slicing; sauté with onions in butter or olive oil, or steam and serve with balsamic vinegar

**Kohlrabi** resembles a root vegetable, but actually the edible globe is the swollen stem, it grows just above the soil. The leaves are edible, similar in texture to a collard green. It is fast growing and often does well in cool spring weather. Like its cousins the broccoli and the cabbage, kohlrabi is high in vitamins A and C and high in fiber.

Kohlrabi can be peeled, shredded and eaten raw in a salad (greens or slaw). We like this recipe since it is quick, easy and the resulting side dish is a surprisingly sweet flavor.

### **Shredded Kohlrabi**

1-2 kohlrabis, peeled and shredded  
2 tablespoons butter  
1/3 cup chicken stock  
salt and pepper to taste  
1 Tablespoon fresh herbs

In large skillet, place the kohlrabis, butter, stock, salt and pepper. Cover and simmer 3 – 4 minutes, or until crisp-tender. Serve sprinkled with fresh herbs. Makes 2 servings.

**Beets** – you love ‘em or you’re just not sure about all that red juice. Try them again and you will realize what you have been missing. The beet root will keep a long time if the leaves are removed and kept in a cool part of the refrigerator. Now the greens themselves are tasty, they can be added to salad, steamed, or sautéed. You can replace any recipe that calls for greens or chard with beet greens, or just add them to your spinach dish. Beets become a favorite when oven-roasted and can be eaten alone or sprinkled on a green salad.

### **Roasted Beets**

assorted beets  
2 tablespoons olive oil  
garlic powder

Cut tops and long root off beets. Scrub any dirt away but skins can remain. Slice or cube into bite size pieces. Toss in bowl with olive oil. Spread onto baking sheet. Sprinkle with garlic powder. Roast in 400 oven 8-10 minutes. Toss and turn to

brown all sides. Roast 7-8 minutes more to taste.

**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 the cold air. Or, put stems into water like a flower. Or, use it all in a day or two! If it dries out, it is still useful as a dried herb. More info on basil in future baskets.

*Greetings from Ann at the farm:*

Everyone at Elmwood is excited about the new CSA project this season. We have been researching and discussing a Community Supported Agriculture program for several years now, and with much anticipation are pleased to launch the 2005 CSA season. Thank you for your participation with us. This first basket is what we have coaxed from the soil, sun and seeds during what started out as a late, wet spring. That evolved into the recent drought-like days, but we are pleased to report several dark clouds blessed us this weekend with rain, not wind. The gardens are springing to life and our irrigation gets a rest for now. The pastures are growing like crazy, soon ready to mow for hay. More farm information from John, Mac and others as we move forward through the season.

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**Tidbits:**

We have a neat book, From Asparagus to Zucchini, by the Madison Area Community Supported Agriculture Coalition. In the introduction section, John Hendrickson compiles some facts. We thought you might be interested:

Top 10 items purchased at grocery stores.

Marlboro cigarettes  
Coco-Cola Classic  
Pepsi-Cola  
Kraft processed cheese  
Diet Coke  
Campbell's Soup  
Budweiser beer  
Tide detergent  
Folger's coffee  
Winston cigarettes

Top 10 items from a typical CSA farm.

Tomatoes  
Lettuce  
Carrots  
Beans  
Potatoes  
Peppers  
Squash  
Onions  
Peas  
Broccoli

Please return the basket next week to trade in for your next share. Sometimes things will be in plastic bags inside of the basket – this is to help keep the moisture and coolness intact as much as possible. Post-harvest handling is a key to getting you the freshest, highest quality items. We will be glad to recycle any plastic bags or containers that you would like to return to us.