

In the basket . . .

fresh spinach – chop off stems if eating for salad, otherwise can steam or sauté whole leaf

spring salad mix -- a new planting is ready this week, smaller tender leaves of green and red romaine, the mix includes green oakleaf, red lolita rossa, and both green & red leaf

beets -- can be steamed until fork-tender, after steaming run under cold water to peel off the thin outer layer. Serve warm with a vinaigrette dressing.

yellow summer squash – skin is soft and tender, only remove the stem end; sauté in oil with onions and garlic if desired, serve warm with crumbled feta cheese . . .

green onions – chop to eat raw in your green salad, or use for sauté; milder than larger white onions

cucumber – the first of the season!

green beans – stringless tenderette type, just break off the ends (or leave on if small) and break into bite size pieces

potatoes – these are a freshly dug gold variety that has become one of our favorites

Green Beans are the most widely used garden vegetable in the United States. These early season beans are high in vitamins A, B1 and B2, calcium and potassium. Fresh beans require little additional flavoring to bring out their best, but old fashioned methods utilize a little

black pepper and onion. Refrigerate and use this week if possible. Can be frozen after quick blanching in boiling water.

Green Beans with Caramelized Onions

1-2 pounds green beans, stem ends off
2 tablespoons butter
2 medium onions (our onions will work)
1 cup chicken or vegetable stock
1 ½ tablespoons sugar
1 tablespoon red wine vinegar
salt and pepper to taste

Cook beans in boiling salted water until crisp-tender about 2-4 minutes. Drain and immerse in ice water to stop cooking. Drain again and let stand to dry. Melt butter in skillet over medium. Stir in onions sliced as thinly as possible, and cook them slowly until very wilted and deepened in color, about 15 minutes. Boil stock in saucepan until reduced to ¼ cup, stir in sugar and vinegar. Stir in onions. Simmer until slightly reduced. Combine onions and green beans; heat through. Season with salt and pepper. Serve and enjoy.

New Potatoes:

John won't comment on whether it is just good luck or proper planning that allowed us to have the green beans ready the first week that we also dug potatoes. We used to plant potatoes on Good Friday because the older people told us to. Now we sometimes do and sometimes don't because the weather is what dictates it.

Many people who cook green beans the "old fashioned" way all afternoon on the back of the stove with an onion or a bell pepper simmering with the beans, often throw in the tiny new potatoes for the last

30-40 minutes or so until they are cooked through. The flavors meld together and make both items better, so they say.

We have potatoes growing most of the summer as different varieties mature at different times. After digging and gathering, we wash and store them in our walk-in cooler at a controlled temperature. This gives us potatoes to eat all winter, and seed potatoes to plant in the spring. As each spud sends out sprouts in early spring, we prepare the ground for planting, cut each sprouted potato into golf ball size pieces, and plant them into the cool, waiting earth. We are rewarded with nice green plants that offer pink or white blooms depending on the type. After monitoring for the potato beetle, and cultivating the rows for weeds, we are rewarded with tiny, tender potatoes. The skin is soft and ok to eat, or can be peeled off with your finger if desired.

Smashed Gold Potatoes with Blue Cheese

1-2 pounds young gold potatoes, unpeeled
4 tablespoons butter
½ cup milk or cream
salt and pepper
¼ to ½ pound blue cheese, crumbled

Boil potatoes in salted water until tender. Drain and place in large bowl. Add butter, milk, and a pinch of salt and pepper to taste. Smash with fork leaving some large pieces. Lightly toss in blue cheese. Makes 4-6 servings.

Elmwood Stock Farm
3520 Paris Road
Georgetown Kentucky 40324
www.elmwoodstockfarm.com
info@elmwoodstockfarm.com
859.621.0755

Tidbits:

Kay keeps this on her refrigerator to remind all of us on this multi-generational farm who we are dealing with . . .

How does a farmer replace a burned-out light bulb in the barn?

~If he's in his 20s, he buys the biggest and brightest bulb he can find on the market.

~If he's in his 30s, he shops to find the biggest, brightest, yet most economical bulb on the market.

~If he's in his 40s, he replaces the bulb with whatever is available.

~If he's in his 50s, he reminds his son to replace the burned-out bulb in the barn.

~If he's in his 60s, he decides that if God had really wanted a man to work 24 hours a day he wouldn't have invented night.

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.