

## In the Basket . . .

**Spinach** – This may be the last week for spinach due to the heat. We suggest using it as salad greens livened up with cucumber and fresh onion! Or you can steam, stir-fry, or freeze for later use. As you probably know by now, it reduces down greatly when cooked. Try the recipe below to enjoy spinach for more than one meal this week.

**Green Beans** – These snap beans are fast-growing bush-type plants that produce several pickings. This early in the season they are crisp, tender, and can be simply steamed and served with butter and salt and pepper or other seasonings.

**New Gold Potatoes** – Freshly dug, your new potatoes have a little more moisture content than stored potatoes, will cook a little quicker, and have a sweeter taste. Steam them with the skins on for a pop of flavor! Or whip up the recipe below.

**Cabbage** – Not yet ready, recipe below for next week. We substituted kale greens for you today.

**Cucumbers** – Cucumbers love hot days, warm nights, and lots of water. Well, we have hot days



and warm nights but not much water. But the cucumbers still taste good!

**Green Onions** – Our onions are much bigger and taste much better than the ones at the grocery store!

**Zucchini and Patty Pan Squash** – This fresh, you don't need to peel off the skin, just cut off the small stem piece. Steam whole or sliced and top with butter or vinaigrette, but don't overcook to get best flavor. Grill zucchini slices or skewer whole patty pans for shish kabob.

**Sweet Basil** – You should have enough this week to make a little pesto (recipe below). It's one thing that does thrive in the heat, although temperatures above 90 or below 40 degrees gives you some darkening on the leaves. Keep cool by closing the plastic bag and then putting the whole thing into another bag or plastic-type container, and putting all that into the refrigerator. Basil also can be used on your sandwich or wrap in place of lettuce.

## Recipes of the Week ...

### Yummy Spinach Pie

½ large onion, chopped  
1 garlic clove, minced  
2 tbsp olive oil  
2 to 2 ½ cups spinach, chopped  
2 to 3 drops hot sauce  
3 eggs  
½ cup shredded cheese (cheddar we like)  
½ tsp salt  
1 uncooked pie crust

Preheat oven to 400 degrees. Brown the onion and garlic in oil over medium heat, stirring occasionally. Add chopped spinach and cook down until wilted, stirring often. Beat eggs in a bowl. Add hot sauce, cheese and salt to egg mixture. Combine with spinach mixture. Pour into pie crust and cook 20-30 minutes until done.

### **Easy Pesto Sauce**

1 + 1/2 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 C olive oil  
milk

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.)

*For several years at the seasonal farmers market in town, Elmwood was fortunate to have help behind the sales table each Saturday morning from culinary creator, Vanessa Oliver. Now manager of Alfalfa Restaurant in downtown Lexington, Vanessa has shared several recipes with us, including these two for "Pure Gold" mashed potatoes and Spicy Thai Vegetable Slaw.*

### **"Pure Gold" Mashed Potatoes**

Boil 8 small-medium gold potatoes in salted water until soft. (You can test them with a fork; you'll be getting that fork dirty later, anyhow.) Drain the water, and add a 1/2 stick of unsalted butter. Mash with a fork (see?) until the butter is melted and incorporated. Add 2 tbsp sour cream, and mix. Add salt, white pepper, and black pepper to taste. Add some milk, a little at a time, until the potatoes reach the consistency you want. (No more than a 1/4 cup.) Add 2 or 3 tbsp of spicy beer cheese and mix with the fork until well incorporated. Inhale. (Note: I prefer "P.J.'s"-brand beer cheese from here in KY cause it's made with actual real cheese instead of cheese food, which is neither.)

### **Spicy Thai Vegetable Slaw**

1 head fresh cabbage  
4 medium radishes or 1 kohlrabi (if you still have one around)  
1 cucumber  
1 jalapeno  
Dressing:  
2 tbsp spicy sesame oil  
4 tbsp cider vinegar  
1 tbsp honey  
3 tbsp smooth peanut butter  
1/2 tsp chili paste  
2 tsp grated ginger  
zest and juice from one lime  
a handful of peanuts

Cut the cabbage into shreds, cut the rest of the veggies into strips. In a large bowl, mix dressing ingredients sans peanuts. Add vegetables and peanuts, and let sit for about a half hour. Serve cold or room temp. You can control the spiciness of this slaw by using just regular sesame oil, not adding the jalapeno and putting in a regular bell pepper instead, not adding chili paste, etc. It's a really flexible recipe, so experiment!

### **Tidbits of Information ...**

You may have recently read in your local paper that more than a million acres of land in Central Kentucky, including Scott County where our farm is located, has been designated as one of the 100 most endangered cultural and historical sites in the world. We know that Kentucky's farmland is a precious resource, and we want to thank you once again for participating in the CSA. Your participation is helping us keep Elmwood Stock Farm a farm.

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