

In the Basket . . .

Spinach – For those in your family who don't like fresh spinach, here's an idea. Fry four pieces of bacon until crisp. Add 4 Tbsp. of vinegar, 4 tsp. of brown sugar, and a little salt and pepper to the bacon drippings in the skillet. Bring to a boil and cook for 30 seconds. Pour this over your spinach and add a few green onions to the top. This will cover about 4 cups of spinach.

Green Beans – This week we have Roma beans for you to try. These beans are a stringless, flat Italian variety.

New Gold Potatoes – We just want to remind you again that our fresh potatoes have a little more moisture content, will cook a little quicker, and have a sweeter taste than stored potatoes.

Cucumbers – There are both pickling cucumbers and Burpless in your basket. The primary difference between the two types is their size. As a general rule, pickling cucumbers are small and eating cucumbers are large. But pickling cucumbers can be eaten raw and you can pickle Burpless if you want.

Green Onions – We came across an interesting way to prepare green onions the other day. Someone had dipped the whole onion in a tempura batter and quickly fried them. They were excellent this way. Since our onions are large, you may want to cut them in half if you try this.



Summer Squash – We have both yellow squash and green zucchini this week. Despite the less-than-ideal growing conditions this year, the squash have done really well. Not only do we have an abundant supply, they look and taste really good as well.

Green Tomatoes – We hope to have ripened tomatoes sometime in the next couple of weeks. In the meantime, try some delicious fried green tomatoes. We've included a recipe below.

Fennel – Fennel is a low-calorie food that is high in vitamin A, calcium, potassium, and iron. Raw fennel can be stored in a plastic bag in the refrigerator for up to two weeks. It can be eaten raw or cooked by baking, steaming, or sautéing. You can substitute fennel for celery in most recipes.

Radishes – You might have to scrub the radishes a little bit to make sure there's no dirt on them, but you don't have to peel them before eating. They can be stored in a plastic bag for up to 2 weeks in the refrigerator, but you need to store the greens separately by wrapping them in a damp paper towel.

Recipes of the Week ...

Herbed Green Tomatoes

Wash and slice tomatoes in ¼ inch slices. Sprinkle slices with salt and drain 30-60 minutes.

Mix the following in a bowl:

- ¼ cup cornmeal
- ¼ cup grated parmesan cheese
- 2 Tbsp all purpose flour
- ¾ tsp garlic salt
- ½ tsp dried oregano
- 1/8th tsp black pepper

Beat an egg. Dip each slice in egg, then flour mixture covering both sides. Heat ½-inch depth of cooking oil on medium in a heavy iron skillet. Gently lay tomato slices in pan covering bottom

but not overlapping. Cook until brown and turn once, browning the other side. Watch carefully as they cook quickly. Drain on paper towel. Serve warm or room temperature, sprinkle with Worcestershire Sauce.

Fennel Salad

1 large or 2 small fennel bulbs
2 Tbsp white wine or red wine vinegar
1 tsp Dijon mustard
salt and pepper
2 Tbsp partially thawed orange juice concentrate
2 Tbsp extra virgin olive oil

Remove fronds from bulb. Cut away from the root and slice into very thin pieces. Or you can grate the fennel. Combine vinegar, mustard, ¼ tsp salt, and juice concentrate. Gradually whisk in oil. Pour over fennel and marinate at room temperature for at least 20 minutes. Season with salt and pepper.

Squash with Onions and Parmesan

4 medium squash (yellow and/or zucchini)
1 tsp olive oil
1 cup diced onion
1 minced garlic clove
¼ tsp salt
½ tsp crushed red pepper
¼ tsp black pepper
¼ cup freshly grated or shaved Parmesan cheese

Thinly slice the squash. (For a fancier presentation, use a vegetable peeler to shave the squash into ribbons). Heat oil over medium heat. Add the squash, onion, and garlic and cook until tender, stirring occasionally, about 4 minutes. Remove from heat and add salt, pepper, red pepper, and black pepper. Toss gently then sprinkle with cheese.

News from the Farm ...

Having been spoiled in 2003 and 2004, this year started out wet but has become quite dry. Crops got off to a relatively good start considering we planted them late because of the wet spring. Since no appreciable rain has graced our

presence since May, there are several ramifications:

- John spends a lot of time managing the irrigation pumps and lines. We use a trickle system under strips of plastic for more efficient use of the water. Part of our water comes from Elkhorn Creek while some comes from municipal sources.
- Tomatoes, sweet corn, and many other vegetables are delayed due to the heat and dry conditions. Unfortunately, all the water we can push through the irrigation lines doesn't equal a few good rains.
- Blackberries are turning red, so we are working to get them the water they need for good fruit fill. Some varieties may be hurt worse than others, producing a smaller overall crop.

We appreciate your interest and concern, and we are proud to have your support as we weather the "drought of '05" together.



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