

In the Basket . . .

There are some items you've seen before, including:

Cucumbers – use as a salad, recipe below

Green Beans

Radishes – the Easter egg variety

Green Onions

Summer Squash & Zucchini – this week try the recipe below for the “coins”, or eat your ¼ inch round slices raw as a quick snack with a dip.

But we are proud to include some new items this week:

Swiss Chard – our variety is called “Bright Lights” This is the large dark crinkly leaf with the rainbow colored stems. It can have red, yellow, pink, orange or purple stems and can be cooked or eaten raw. You can sauté, steam or stir-fry chard, as well as include it in salads and soups. The best way to chop it is to layer 3 or 4 leaves on top of each other, roll like a cigar, and chop diagonally across it. Cut stems into 1-inch chunks. If steaming, the stem pieces need 8-10 minutes while the leaves only need 4-6 minutes. Many recipes that call for spinach can utilize chard instead. It reduces down greatly when cooked.

Bell Peppers

Red Tomatoes – the first of the season!! Enjoy sliced for salad or sandwiches this week, more varieties and colors to come as the harvest gets underway.

Eggplant – Beautiful, but a little odd, eggplant is best when fresh. Often it is peeled, but it is not necessary, rather it just depends on personal preference. Can be baked, stuffed, sautéed, steamed, or blended with lemon juice and seasonings to make spreads and dips. Cube and sauté in olive oil until tender. Season with salt, pepper, and herb seasonings. Remember that the eggplant will absorb, as much oil as you are willing to use, so be light handed. A family favorite recipe is below.



Recipes of the Week ...

Eggplant Casserole

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.

Zucchini Coins

2 medium zucchini cut into 1/4 inch rounds
2/3 cup bread crumbs
1/3 cup Parmesan cheese

1 cup flour
2 whole eggs
2 tablespoons butter

Combine breadcrumbs and Parmesan cheese. Place flour in shallow dish. Beat two eggs and set aside. Heat 2 tablespoons butter in skillet over medium heat. Season zucchini with salt and pepper. Dredge in flour, beaten egg, then bread crumb mixture. Sauté until golden brown.

Fire & Ice, revisited . . .

Several years ago when Kay owned and operated a small luncheon restaurant in downtown Georgetown, one of the popular items on the salad plate was the Fire and Ice Salad. Adapted over the years to suit whatever happens to be in the refrigerator, this week's basket offers several of the ingredients.

4-5 tomatoes, diced into bite-sized chunks
2 larger cucumbers, peeled & seeded if desired, cut into bite-sized chunks
2-3 of the green onions, bulb part diced, green part sliced thinly
1 pepper, seeded – sliced into bite-sized pieces
few radishes – diced into bite-sized pieces

Dressing:

¾ cup vinegar
¼ cup water
1 ½ tsp celery seed
½ tsp salt
½ tsp pepper
3 Tbsp sugar
little dry mustard

Mix dressing together and put in saucepan on stove. Bring to a boil. Prepare veggies and mix together in serving bowl. Pour hot dressing over top, stir, refrigerate, and allow to marinate at least 1 hour. Gets better if marinated overnight, will keep for several days.

Tidbits

Several of you have shared recipes. We love that! We hoped that you would. So, if you have an easy and tasty recipe for beans, or greens, or squash, or whatever, please feel free to share it!

Our website is a work-in-progress. We hope to have your weekly newsletters up soon, so you'll have continued access to the recipes.



News from the Farm ...

Last week, we told you a little bit about how the drought is affecting our farm's fruit and vegetable production. This week, we'd like to tell you how it's affecting other operations on the farm.

- Pastures and hay growth are our biggest overall concerns. Cecil is rotating the cattle more often, and the alfalfa is not regrowing after a hay cut, which we depend on for winter-feeding. In fact, on Saturday, one cowherd decided to "move themselves." They were successfully lured back to better pasture several hours later . . .
- Sheep and poultry tend to stay in the barn more often and graze less, therefore grow more slowly.
- Tobacco likes hot, dry weather, but a rescue supply of overhead watering has become necessary.

The wonderful news as we write this on Monday is a few rain drops are beginning to fall (very, very few . . . almost a whisper.)

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