

In the Basket . . .

Yeh, yeh, yippy Yeh!!

The **Sweet Corn** is ready – not a lot of explanation needed on this one. For freshest flavor, don't over cook, as the corn only needs about 3 minutes in boiling water or a steam pot. Keeps best unshucked in the cool part of refrigerator until ready to eat. Hope you enjoy.

Red tomatoes and Heirloom Tomatoes – enjoy in salads, on sandwiches, with cottage cheese, or chopped and put with your favorite sauce over pasta. Tomatoes will ripen at room temperature and there is no need for refrigeration. The heirloom varieties ripen quickly due to their thinner skin – they also bruise or damage easily. We each have our own favorite, but overall they are sweet in flavor and contain less acid than the red ones.

Baby Squash Medley – You may have seen this on the plate last time you dined out at a local fine dining restaurant. We have provided the baby squash mix to several places around the region for several years now. These little squashes don't need peeling or even slicing, just remove the stem at the end. You might steam, roast or grill whole. Stir-fry or sauté in olive oil, or even in pesto sauce. The round patty pans can be put on a shish kabob. So tender at this small size with hardly any seed development, the baby squashes are a great snack treat.

Green onions – We are pleased to keep providing some of these each week, hopefully until the later-season sweeter onions become ready.

Cabbage – here is our organic cabbage promised you a couple of weeks ago. The recent rain helped firm up the heads, and we removed some of the outer leaves. Reprinted below is the tasty "Spicy Thai Vegetable Slaw" from our friend, Vanessa.

Peppers – We have included several sweet peppers, some you might recognize and some you may not. The lighter green or pale yellow peppers are not quite as sweet as a red or yellow bell (not ready until August in our area), yet not as tart as a green bell. The longer ones, called a Cubanelle,

are similar in flavor to a sweet banana, but in the bell pepper family – they are nice for stuffing with cheese and roasting in the oven.

Hot Peppers!! – We threw in a couple of jalapenos this week for you – you will recognize them as the small dark green pepper. Use in the slaw recipe below, or throw in the freezer for later on salsa-makin'.



Cucumber – a few are nice to keep around for your salad, slicing and dipping into a yogurt dip, or slicing and floating in vinegar & water in the refrigerator. Always a nice condiment to serve with a summer veggie meal.

Baby Leeks – These will keep for several days or more in the refrigerator, although we suggest wrapping in plastic bag or container to keep the aroma from spreading to other foods. Leeks can be used raw chopped in salads; cooked whole and topped with butter, salt, pepper and Parmesan cheese; sautéed with other veggies; or cut thin and layered with tomato slices into a grilled cheese sandwich. Leeks are related to onions and chives although they have a unique flavor. This will probably be your only batch this season due to irrigation not being able to adequately mimic the proper rains and growing conditions . . .

Sweet Basil – we threw in a little because you really need fresh basil when you slice the tomatoes, layer with basil, layer with fresh mozzarella cheese, more tomatoes, more basil,

more cheese, and top it off with a nice vinaigrette! Close your eyes and imagine you just returned from a nice holiday in the Italian countryside.



Recipes this Week . . .

Braised Leeks

Cut tops off leeks down until a couple of inches above the white part. Cut lengthwise into four slices. Wash carefully and place in a soup pot. Add 2 cups stock (beef or veggie) and bring to a boil. Cover and reduce to a simmer. Cook for 20 to 30 minutes until tender. Drain and season with 2 tablespoons parsley, ¼ teaspoon salt and freshly ground pepper to taste.

Spicy Thai Vegetable Slaw

1 head fresh cabbage
4 medium radishes or 1 kohlrabi (if you still have either one around) or several stalks celery will do
1 cucumber
1 jalapeno
Dressing:
2 tbsp spicy sesame oil
4 tbsp cider vinegar
1 tbsp honey
3 tbsp smooth peanut butter
½ 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!

News from the Farm . . .

We received about 1 and ½ inches this week of much-needed rain. Some of the grasses are turning color a little, but we can use a great deal more. We know that some of you are in severe drought like us, but others have experienced several rains, and have never been able to quit mowing the lawns.

The blackberries are pictured at the left. Some of the varieties are making berries, but we are still a week or so away from them turning from red to the dark black juicy berries. Our plan is to have several days available for you all to come out and pick berries. In past season, the berries would be ready by this week in July, but the late spring made the blossoms set a little later – and the drought conditions really slowed down the growth. As soon as we can predict when the crop will begin, we'll let you all know – so please expect to hear something from us soon.

Extra, Extra!

If anyone would like additional quantities of produce to can, pickle, or freeze, please feel free to contact us. We plan on having things like beans and tomatoes all summer, but whenever your schedule allows, please feel free to give us a call to order something extra. Available now in quantity are beans, red tomatoes, sweet corn, pickling cucumbers, and kale greens.

Note: If you find yourselves one week with too many veggies and not enough time at home, stick those beans or peppers in the freezer. You will be happy you did come winter time, and not feel bad about not using something up.

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