

In the basket . . .

Okra – new item this week. Rinse and slice in small 1 ½” pieces; roll in cornmeal; fry in oil until crisp. Eat up! (The juice inside makes the meal stick to the okra, you don’t need an egg or water dip). You can use the fried tomato recipe from a few weeks’ back also.

Cucumbers – peel (if desired), slice and put into bowl of water with a little vinegar. Refrigerate and serve as a side dish each evening.

Cantaloupe – yummy, the ones we have tried this season so far have had very good flavor.

Green Bell Peppers – if you don’t use this week, stick whole pepper in the freezer for cooking with later.

Tomatoes – Remember that the flavor stays fresher if the tomatoes are not put in the refrigerator. Recipe below for a tomato pie. Next week we’ll give you a listing and description of the heirloom varieties so you can decide your own favorite! Overall, they have a thinner skin, ripen quickly, bruise easily, sweeter flavor with less acid than red tomatoes.

Pear Tomatoes – a quick easy snack – or halve and make quick salad with diced cucumber, onion, pepper, and vinaigrette dressing.

Green Onions – just a few ready this week

Eggplant – purple, pink, white or green – it all is really eggplant. Two recipes below, the dip is a good one for the eggplant “non-lovers” in your house.

Recipes of the week . . .

Tomato Pie

1 frozen deep-dish pie shell
3-4 ripe tomatoes
1 medium onion
1-2 ounces fresh sweet basil
1 cup shredded cheddar cheese
1 cup mayonnaise

Bake frozen pie shell half done. Quarter tomatoes and roughly chop. Layer tomatoes in pie shell. Chop onion and add to pie shell as second layer. Chop sweet basil and add to pie as third layer. Mix cheese and mayo together in bowl, then spread over top of pie. Bake at 350 degrees for 30 - 40 minutes.

Broiled Sesame Eggplants

4 Asian eggplants
salt & ground pepper to taste
2 T sesame oil

Halve eggplants lengthwise. Season with salt & pepper and brush lightly with oil. Broil or grill until soft and brown about 5 - 10 minutes. Makes 4 servings.

Baba Ganoush - Eggplant Dip

1 + 1/2 pound eggplant
olive oil
1/4 cup tahini
1/4 cup juice of fresh lemon
1/2 tsp salt
2 cloves fresh garlic

Slice Asian eggplant lengthwise. Roast face down in olive oil in baking dish in oven for 20 - 30 minutes at 350 degrees until soft. Scoop cooked eggplant out away from skin with spoon. Process with tahini, lemon juice, salt, and garlic until well mixed. Serve at room

temperature as dip for fresh vegetables or wedges of pita bread.

News from the farm . . .

Rain report:

Those of you that pick up at the farm each week see for yourselves the drought conditions we still experience. Last week's scattered showers only brought us 1 ½" of rainfall total. While we were packing up at the Lexington Farmers Market on Tuesday, the rain clouds moved in, we drove towards home through very hard rains that flooded the roadways, and arrived at Elmwood to find the sun still shining?!? Nevertheless, our plants keep trying so hard for all of us.

We continue to move irrigation pipes around the rows in our larger crop fields. In the smaller acreage gardens, every several hours, we switch on one row and switch off another among all of the rows of squash, tomatoes, beans, peppers and melons – basically the water never stops flowing because everything needs it. The up side is that fruits and veggies produced in these conditions have stronger, more intense flavor. The melons and tomatoes are sweeter since there is not as much water in the fruit, the natural sugars are more concentrated, and there is often a burst of juice and sweetness!

Blackberry report:

Mac thinks that the berries will begin to turn this week. We are still watering round the clock. Paul has been hooking up more irrigation so that we can water several rows at once, not just two at a time, like we have been the past 2 weeks. Two of our rows just dropped their berries and will not be producing anything. They plants in that variety (Kiowa) look good, and that will help out next season, not now. Four rows of Apache have a few berries but the plants themselves have suffered more. The other varieties (Arapaho and Triple Crown) look the best. **So, for those who would like to come out and pick, we are**

planning for next weekend Sunday, July 30th 9am-4pm and Monday during basket pickup 3:30 pm-7pm. Bring the family. We will have containers and the scale set up in the packing shed. Please contact us if you need directions to the farm or want to check on weather conditions that day.

Several of you have met our newest addition to the crew at Elmwood Stock Farm. This week we asked Paul to share a little about himself and his interests in organic and sustainable agriculture. We are lucky to have him here both to help us do some of the hard working chores, and his enthusiasm helps us remember on long, hot days why we chose this life of growing healthy and nutritious food -- ABS

Hi everyone, my name is Paul Glowaski and I just wanted to say how excited I am to be a small part of the Elmwood Stock Farm community. A "Hoosier" by birth, I've moved here via the Green Mountain State of Vermont after graduating from DePauw University and serving two years with Americorps. While in Americorps I did work on a project with Habitat for Humanity in Lexington helping to build homes for some of the low-income citizens of the area. I am so happy to be back in the area interning with Ambi, Mac, and the Bell Family and learning about such a successful farming operation. I believe firmly in sustainable, organic, and local agriculture and love to talk about cooking, music, and the food we are growing. Hopefully, I will be able to add a little to the diversity of what we grow on the farm this hot and dry summer. I look forward to speaking with you all, swapping recipes, and enjoying the amazing food from here on the farm. We'll see you all soon – Paul

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