

## In the basket . . .

**Heirloom Tomatoes** – are yielding well this week and we tried to give you a well-rounded selection. In general, they have a thinner skin and once harvested ripen quicker than a regular red slicing tomato. Lower in acid and with a sweet flavor, some colors and varieties include: Black Krim, Cherokee Purple, Black Brandywine, Pink Brandywine, Black Plum, Ivory Egg, Mr. Stripey, and White Wonder.

**Red Slicing Tomatoes** – a couple of recipes below use these, or just wait until dead ripe, and slice for a nice summer salad.

**Green Onions** – just one or two this week to use in a olive oil, garlic and veggie stir-fry; or slice thinly with the tomatoes and cucumber in a salad.

**Eggplant** – thanks for the great feedback this week already from several of you that tried the Baba Ganoush Eggplant Dip recipe from last week. Another recipe found below.

**Gold Potatoes** – freshly dug again, this is the gold variety called “Sante Gold” that we prefer over the Yukon gold you may be familiar with. We do rinse the field dirt off after digging in order to box them by size and fish out any ones that don’t meet the quality grade. But, as with everything, we recommend you wash them, and enjoy steamed or roasted.

**Zucchini** -- This week a good recipe below includes the zucchini. You can always put in the freezer for wintertime baking of zucchini bread. Cut off the stem end, slice longways and remove seeds, grate coarsely, squeeze out the liquid on a strainer, and put in a plastic bag or storage container.

**Peppers** – include either a Sunbell (pale yellow) or Cubanelle (lime green longer one) which are used just like green bell peppers.

**Hot Peppers** – we know that a little goes a long way if you are not into “hot”, or we won’t be giving

you enough if you are. But, you should have several jalapenos and **hot** banana peppers. The seed and the white inner veins contain the hot capsicum – if you overdo it remember that drinking milk or eating bread works better to sooth you; drinking water just spreads the capsicum oils around more.

**Cucumber** – a few this week because sometimes you just need to have one to make the summer salad complete.

**Cantaloupe** – we plan to put them your basket whenever we can since the melon season is a little unpredictable right now. Too much melon can always be made into a smoothie, or served with ice cream as a dessert.

**Sweet Corn** – Overall the corn will be in short supply this season due to the drought. Hopefully this week’s harvest will make up missing it last week.

## Recipes of the week . . .

The recipe below was shared with us by a farmers market customer about 4 years ago. We never even caught her name, but she helped us learn more about eggplant than we thought possible.

### Eggplant Parmigiana

1/2 cup vegetable oil  
2 eggs  
1/2 cup milk  
2 cups dry bread crumbs  
1/2 tsp oregano  
1/2 tsp salt  
1/4 tsp pepper  
2 medium (about 2 pounds) eggplant  
4 cups spaghetti sauce, any kind  
1/2 cup grated Parmesan cheese  
3 cups mozzarella cheese

Preheat broiler oven. Brush baking sheet with just enough vegetable oil to lightly cover. Beat eggs with milk in small bowl. Combine bread crumbs, oregano, salt, & pepper in another bowl. Peel eggplant, if desired, and slice into 1/4 inch rounds. Dip slices in egg mixture, then into bread crumb mixture, coating both sides. Arrange on baking

dish and broil for 3-4 minutes, turning over to lightly brown on both sides. Repeat until all slices are browned and eggplant is tender. Turn off broiler and set oven to 350 degrees. Spread 1/2 cup spaghetti sauce in bottom of 9 x 13 baking dish. Arrange a layer of browned eggplant slices to cover the sauce layer. Spread with 1 cup of spaghetti sauce. Next sprinkle Parmesan cheese and 1 cup mozzarella cheese. Repeat. Repeat another layer using rest of eggplant, sauce, & Parmesan cheese. Bake for 30 minutes. Sprinkle rest of mozzarella cheese and bake another 15 minutes until cheese is melted and sauce is bubbly. Makes 6-8 servings.

Family friend and known as a wonderful cook, Patsy Rich of Georgetown, shared this recipe with us several years ago.

### **Patsy's Zucchini-Tomato Casserole**

3 zucchini, 4-5 inches long, cut in slices  
1 medium onion, chopped  
1 green pepper, chopped (Sunbell)  
½ tsp garlic powder  
¼ tsp thyme  
¼ cup cooking oil  
¼ cup butter  
1 tsp Worcestershire sauce  
1 tsp sugar  
salt & pepper to taste  
sliced fresh tomatoes  
crushed crackers (she uses Ritz)  
grated cheddar cheese

Cook zucchini, onion and pepper in oil until tender. Add rest of ingredients through salt & pepper. Layer half this mixture into a casserole dish. Place a layer of tomato slices on top, then layer of cracker crumbs, then layer of cheese. Repeat. Bake covered at 275 degree oven for 40 minutes. Remove cover and bake 5 minutes more.

### **News from the farm . . .**

We still have not received any rainfall to speak of. This means that the ground is hard and forms a crust, tillage for fall crops is challenging. Our field corn planted to harvest in the late fall and feed our livestock during the winter months is less than knee high. Because we cannot plant all of our crops in fields close to the irrigation water source, some

things like the field corn and grass hays suffer most from lack of water. We are not able to get water to them at all and more than likely most will be a complete loss. This means that we must expect to purchase hay and grain this winter to feed our Angus cattle, sheep, and laying hens.

John was telling us yesterday about the dozens of holes he is finding this year in his irrigation lines. Essentially, the field mice are eating through the plastic water pipe to get to the water flowing inside. Once a hole is made, water does not reach the rest of the row of plants. Because the water lines are underneath mulch laid out down the row, it is difficult to know your water is leaking out until your plants begin to droop. With all of the rows of different plants on the farm, John has close to 3 miles of irrigation lines set up, but it is essential that he keeps a close eye on potential leaks.

### **Tidbits . . .**

You should have found blackberries and basil in your basket last week that we left off of the newsletter. Sometimes our harvesting occurs after the printer is going.

Blackberries are still trickling in . . . not becoming ripe all at once. We think we will have more again next weekend, so if you didn't make it out on Sunday or Monday, let us know. Next Sunday, August 7th, Mac will be here if anyone would like to come out to pick blackberries – phone us to confirm berry availability, and get directions.

Some of you have credit for missed pickups due to vacation. We have plenty of tomatoes if you are interested in canning or freezing. We will glad to help on recipes for salsa, tomato juice, sauce, or just putting some tomatoes into a freezer bag for winter use.

If you would like something else to stock up on like sweet corn for the freezer, cucumbers for pickling, peppers for jelly, we suggest thinking about it during the next couple of weeks. The conditions due to the weather may limit some items.

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