

In the basket . . .

Cantaloupe – From what we have sampled of this week's harvest, the melons are mighty tasty!

Bell Peppers - You should have a colorful assortment of sweet bell peppers. People often ask why they are so expensive in the stores – the time it takes for a plant to grow from a seed, produce a green bell pepper, fight off bad weather, disease, and insect pressures while the green bell turns to either red, yellow, orange or another sweet color is a long, long time. All the while, the plant does not keep producing new fruit because its energy goes to keep the colored bell strong and happy. Recipes below, enjoy!

Hot Pepper Assortment – Remember, a little goes a long way. Many recipes are enhanced by including hot chiles. You may have jalapeno, Serrano, or a New Mexican chile pepper in your basket this week.

Heirloom Tomatoes – We had some folks at the farm last week that work for a couple of seed development companies in the eastern part of the country. It was kind of fun to slice some of our Green Zebra, Black Krim, and Mr. Stripy heirloom tomatoes for them to try . . . since we save the heirloom tomato seed each year to start plants again the next season, the seed companies don't get our business on these varieties. However, several of our guests admitted the heirlooms were loaded with flavor and pretty tasty.

Pear Tomatoes – These are heirloom tomatoes that seem to just get better over the summer. Rinse if needed and enjoy.

Gold Potatoes – How about potato salad? Or try slow roasted whole covered in olive oil . . .

Squash and Zucchini - One of the mainstays of summertime, our squash still produces even in drought conditions. A new recipe is below.

Eggplant – Several of you have requested more eggplant and this week's varieties are Casper, the white one and Long Green, the obviously green one. Both should be less bitter without the pigment in the skin, smaller seed development also. Recipe below.

Red Onions – This week is the first harvest of the red sweet onions. They are often dried in the field, stored, and used over the fall and winter months. We can't wait that long, so please enjoy in any of your recipes calling for onion.

Swiss Chard – Remember that this "Bright Lights" Rainbow Chard can be used like spinach. It can also be sautéed, steamed, used in stir-fry or in soup. The stem needs a little longer cooking than the cut-up leaf pieces if using in a stir-fry. An earlier newsletter recipe for Spinach Pie has been adapted below and is great with this chard

Recipes of the week . . .

Red Pepper Soup

3 T butter
3 large red bell peppers (orange, yellow)
1 medium onion
1/4 tsp ground cumin
Cayenne pepper, pinch
3 + 1/2 C or 2 cans (14+1/2 ounce) chicken or vegetable stock
2 tsp lemon juice
parsley or basil for garnish

Melt butter in saucepan. Add seeded and chopped bell peppers, chopped onion, and cook until onion is soft, but not brown. Stir occasionally. Mix in cumin and cayenne. Add stock. Bring to a boil, cover, reduce heat, & simmer for 20 minutes. Puree in blender or processor. Return to cooking pan and mix in lemon juice. Add salt if needed to taste. Garnish with herbs. Makes 4 servings.

Roasted Red & Gold Sweet Pepper Salad

3 sweet red bell peppers
3 sweet yellow bell peppers (or orange bells)
1/4 C olive oil
3 T juice of fresh lemon
salt & ground pepper to taste
approx. 1 ounce fresh cut herbs
3 ounces crumbled cheese (chevre, bleu, etc.)

To roast peppers:

Char over a flame on all sides, or broil in oven until skin blisters and blackens. Place peppers in a closed paper or plastic bag 15 to 20 minutes to let skin sweat away. Peel blackened skin away from pepper.

Slice peeled roasted peppers lengthwise into strips about 1/4 inch wide and place in large bowl. Pour oil, lemon juice, salt & pepper over peppers and let stand 30 minutes. Just before serving, chop fresh herbs. Arrange peppers on plates and scatter basil over peppers. Top with cheese. Makes 6 servings. This recipe can be reduced depending on the number of peppers on hand and the number of people served.

Swiss Chard Pie

1/2 large onion, chopped
1 clove garlic, minced
2 T oil
2 1/2 C chard, chopped
2-3 drops hot sauce
3 eggs
1/2 C shredded cheese
1/2 tsp salt
1 uncooked piecrust

Preheat oven to 400 degrees. Brown onion and garlic in oil. Add chopped chard and cook until wilted. Beat eggs and add hot sauce, cheese, and salt. Combine with chard mixture. Pour in piecrust and cook 20-30 minutes until done.

Kay's Roasted Veggies

Yellow Squash
Zucchini
Onions
Potatoes
Eggplant – cut stem off, leave skin on

Green, orange, red or yellow peppers
Tomatoes

Preheat oven to 400 degrees. Any combination or all of the above veggies can be used. Cut into chunks or wedges. Put in large bowl. Drizzle sparingly with olive oil. Add lots of salt and pepper. Stir to coat all veggies with oil. Place on flat pan in hot oven. Cook about 30 minutes or until all veggies are caramelized or roasted. Stir once while cooking.

News from the farm . . .

First the rain report: Saturday evening we received about one to two-tenths of rain from two small showers that moved through. Nothing to speak about in normal years, but certainly welcome right now! Our irrigated crops are performing the best that can be expected, while most of the root crops are struggling. We have irrigation lines out for beets, turnips and the like, but just can't replicate good rain.

The Kentucky State Fair begins later this week in Louisville. It is one of the few statewide events that still bring the farm to the city. Depending on what day you may go, you can see poultry, rabbits, dairy cows, goats, sows, sheep, burro, beef cattle, and other farm animals. Also, the vegetable contest is held each year and the judges pick the largest, the prettiest, the most perfect, etc. of each type of produce. Winners receive cash prizes.

The other event that brings the farm to the city is the farmers market, of course. But, farms will get in trouble if we bring any chickens, turkeys, lambs, cows, etc. to town . . . so visit the farm or visit the fair instead.

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