

In the basket . . .

This week's harvest includes several new items! The little rain we received after so many days of high heat have caused some things to be ready early, and others to be finished for the season. Enjoy and feel free to phone with any questions about storage or preparation.

Bell Peppers - Use in any fresh salad, sauce, stir-fry or other recipe. Peppers can be frozen whole after a quick dip in hot water to blanch, or a recipe below for stuffed peppers.

Hot Peppers – Jalapenos, both green and red this week. We are told that when the red ones are smoked (and dried?) the result is a chipolte pepper.

Heirloom Tomatoes –The yellow fuzzy one is called Garden Peach, the striped one is the Green Zebra. Both are nice quartered for salads.

Red Tomatoes – Since several of you have access to red tomatoes, we have left them out of your baskets the last couple of weeks. Enjoy these now quartered or loosely chopped in a summer pasta dish with our standby olive oil and a little fresh basil.

All Blue and Cranberry Red Potatoes – John dug these wonderful gourmet All Blue and All Red new potatoes. They hold their interior color when cooked and are a delightfully creamy consistency. A recipe is included below or enjoy roasted or steamed. Like any new potato, the skin can be left on for a source of additional nutrients.

Zucchini - A new recipe is below so that you can still get the "green" vegetable in your meals.

Leeks – Our second, and probably final, harvest of leeks this season. Many recipes we are familiar with use leeks and potatoes for a nice soup. They can be chopped and eaten raw, cooked whole by braising or baking, and will store well in the refrigerator for several weeks – just leave the roots attached, cut the tops is starting to brown, and you can wrap in plastic to keep the aroma away from other foods.

Okra – Our favorite is lightly frying this southern favorite. Prepare cornmeal with a little salt, pepper and pinch of sugar. Cut off stem ends, slice in little wheels about 1 inch thick. The oozy inside stuff helps your cornmeal to stick to the pieces. Fry gently in oil and serve right away!

Sweet Basil and Mint – Use in a tomato pie, pasta dish, zucchini or squash recipe below, or with sliced tomatoes, cheese, and vinaigrette to get the most out of summer's flavors!

Fall Beans – These beans are an heirloom variety that is very versatile and can be used several ways: (1) string the green ones, break into bite sized pieces and cook like green beans; (2) string and break the beans and lay out to dry them out for wintertime "shuck" beans; (3) hull the bean out of the dried and white pods to either throw into your green bean pot, or dry and use as a shelly bean. We have saved these pretty black and white beans for several years since a friend gave them to us – if the story is correct, they are called the Larry Linville Beans.

Squash Blossoms – These are quite fun! They will keep for a few days in the refrigerator, but we suggest trying to prepare them this week if you can. One recipe is below and another recipe from Holly Hill Inn was in a recent Lexington Herald-Leader Sunday food section.

Recipes of the week . . .

Stuffed Peppers

Cut tops and stem and hollow out green bells.

To Make the Stuffing:

Kay uses our own organic ground beef, but says you can use sausage, chicken or whatever. She adds chopped onion, chopped tomato, salt, pepper, and Worcestershire sauce to the ground beef mixture. Almost anything that you like can be added such as corn, especially if making as vegetarian dish. She says the ground beef does not have to be cooked, but that chicken or sausage should be.

Stuff each pepper with the mixture and put them standing up in a deep pan or dish. Cook about 50 minutes at 350 degrees. Coat the top with a couple Tbsp of ketch, tomato sauce or salsa. Cook 10 minutes more. Sprinkle cheddar cheese on top and cook 5 minutes more till melted.

Below find two recipes from our friend, Suzie Quick, Food Editor of Organic Style Magazine, who lives here in central Kentucky. Thanks to Suzie for the recipes and being a wonderful local food advocate!

Summer squash stuffed with ricotta and blossoms: Inside-out stuffed squash blossoms

6 small summer squash (about 6 inches long)
1 tablespoon unsalted butter
1 tablespoon olive oil
1 cup finely diced onion
2 teaspoons minced garlic
2 large squash blossoms, slivered
1 cup ricotta cheese, preferably whole milk
1/3 cup grated Parmesan
3 tablespoons dry bread crumbs
1 large egg, beaten
2 tablespoons minced fresh marjoram or basil
1/2 teaspoon salt

1. Preheat oven to 375 F. Butter a 9 x 13 baking dish. Slice the squash in half lengthwise. With a melon baller or small spoon, scrape out the seeds and discard, leaving 1/4-inch shell. Slice a little from the bottoms so squash halves will rest flatly and place in the baking dish.

2. In a medium skillet, heat the butter and oil over medium heat. Add onions and garlic and sauté until onions are soft, about 3 minutes. Add the squash blossom, if using, and sauté 1 minute.

3. Remove from heat and transfer to a medium bowl and cool slightly. Stir in the ricotta, 1/4 cup of the Parmesan, 2 tablespoons of the bread crumbs, egg, marjoram, salt, and pepper until blended. Spoon into squash shells.

4. Stir together the remaining Parmesan and bread crumbs and sprinkle over tops. Bake 25 minutes, until squash sides are just tender but not too mushy. Turn on the broiler and broil 3 to 5 minutes until tops are golden brown. Serve hot.

Zucchini with Walnuts

Serves 4 to 6

This is a simple but delicious way to enjoy the ubiquitous summer squash. The mint and walnuts are a remarkable

combination. It's good warm or room temperature, and is especially delicious with lamb.

1 pound young zucchini (about 6 inches long)
2 tablespoons walnut or extra-virgin olive oil
2 teaspoons fresh lemon juice
Kosher salt and freshly ground black pepper to taste
1 tablespoon slivered mint leaves
1/3 cup coarsely chopped walnuts, lightly toasted

Thinly slice (very thinly) zucchini on the diagonal to make long slices. Place in a medium bowl and pour boiling water just to cover. Let sit 2 to 4 minutes, until zucchini is just limp. Drain well and arrange on platter. Whisk together the oil and lemon juice. Drizzle zucchini with oil mixture and sprinkle with salt and pepper and mint leaves. Top with walnuts and serve.

Another fun recipe from Vanessa Oliver using the Red and Blue Potatoes. If you still have some bell peppers from last basket, here is a good time to use them too!

RED RED BLUE SOUP

4 roasted red peppers, drained if you bought them, and pureed with a half cup water
6 small blue potatoes, small dice
half a white onion
2 cloves garlic
half cup small red lentils (you can find these at an Asian grocery or Good Foods Co-op)
healthy dashes of: ground cumin, cinnamon, ginger, and cayenne pepper
water
1 lemon

Set the diced potatoes on to boil with enough water to cover them. Meanwhile, dice your onion and garlic and sauté on medium-high heat in a pot in olive oil with salt until soft. Then add the spices. Then add the lentils. Stir for a minute. Add the potatoes ****AND THE POTATO WATER****. (It's got starch in it that will thicken up the soup.) Let it simmer a couple minutes, then add the peppers. Add about another cup of water. Let the soup simmer until the lentils are done, which won't take long cause they cook pretty quickly. Add the juice from the lemon at the end, and probably some more salt.

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