

In the basket . . .

Bell Peppers - The rain has helped these! A recipe below uses 7 of this week's ingredients including peppers. We received great feedback from those that made the Red Pepper Soup several weeks ago.

Roma Tomatoes – Often the forgotten tomato when so many others take center stage, our romas are kicking in this week! Two recipes below use these or you can use when preparing roasted veggies (last week's recipe).

Cranberry Red Potatoes and Gold Potatoes

These can be used for mashed potatoes, steamed or boiled with butter and herbs, or nice in a potato salad (recipe below). Look for the pale red tinge to the inner white color, and since freshly dug there is no need to peel the skin.

Yellow Squash and Zucchini - Recipe below uses both this week.

Onions – These organic onions have been dried since they were dug and should keep for you (not refrigerated of course) for several weeks. Use in any of the recipe below calling for onion.

Sweet Basil - A little this week for either recipe below, or enjoy with sliced tomatoes, mozzarella cheese and a nice balsamic vinaigrette. Remember that it can be stored in the refrigerator if protected from the cold temperature – double bagging will add a pocket of air around the basil to keep it about 45 degrees. Or leave at room temperature and it will dry.

Kale Greens – These greens will keep for you at least a week if kept cool. Sauté in olive oil with a bit of garlic, or douse with sesame oil or soy sauce for a little kick. Cook until tender but

still colorful and not mushy. The other way to cook greens down in a pressure cooker or steamer still gives you great flavor and loads of nutrients. Sprinkle with vinegar when ready to serve. Additional recipes below.

Recipes of the week . . .

Ratatouille

2 - 3 eggplant (approx. 1-1+1/2 pounds)
1/3 C olive oil
1 onion
2 cloves garlic
1/2 C whole pitted black olives (optional)
3-4 bell peppers
2 medium zucchini
2 medium yellow squash
4 medium tomatoes
olive oil
2 tsp chopped fresh basil

If using large ones, peel and slice eggplant. Lay out slices, salt & let drain on a rack or paper towels to rid of excess of moisture. If using Asian type without dark skin, may use unpeeled. Put olive oil in large pan. Add thinly sliced onion and garlic, and sauté. Seed and julienne bell peppers. Slice zucchini and squash into 1/2 inch slices. Skin, seed, & quarter tomatoes. Add olives, peppers, zucchini, squash, & tomatoes to pan. Dice eggplant and add to pan. Sprinkle mixture with olive oil and chopped basil. Cover and simmer over very low heat for 45 minutes. Uncover and simmer 15 minutes to reduce the amount of liquid. Add salt and pepper to taste. Makes 8 servings.

Dried Roma Tomatoes

4 pounds roma (plum) tomatoes
2 tsp salt
olive oil
sprigs of fresh herbs

Wash and stem tomatoes, then cut in half leaving the two sides still attached. Place wire racks on large 10 x 15 inch baking sheets. Place tomatoes, cut sides up, on the racks. Sprinkle lightly with salt. Place in 200 degree oven and let dry about 8 hours until shriveled. Fill a one-pint jar with tomatoes and cover with olive oil and a sprig or two of fresh herbs. Store in a dark spot for 3 to 4 weeks, turning jar occasionally. Makes 1 pint.

The next two recipes come from *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce* published by the Madison Area Community Supported Agriculture Coalition. Area farms in Wisconsin that offer a CSA program, along with many CSA members submit their favorite recipes for the publication. Our copy of the cookbook is a third edition.

Kale and Potato Tarragon Salad

2 pounds small potatoes, scrubbed
7 Tbsp olive oil, divided
1 medium onion, diced
1 bunch kale, large stems removed, leaves chopped into 1-inch pieces
1 clover garlic, minced
2 Tbsp white vinegar
2 Tbsp lemon juice
¼ to ½ tsp tarragon, divided
salt and pepper to taste

Steam or boil potatoes until fork-tender. Drain, cut into large bite-sized pieces, place in large bowl, and cover to keep warm. Meanwhile, heat 1 Tbsp olive oil in wide skillet over medium heat. Add onions; sauté until translucent. Add kale and garlic; cook until kale is tender, about 5 minutes more (you can cover pan to help wilt kale). Combine vinegar, lemon juice, ¼ tsp dried tarragon, remaining 6 tbsp olive oil, and salt and pepper. Add kale mixture to potatoes and pour dressing over

everything. Toss the dressing while the mixture is hot to help soak in the flavors. Add more salt, pepper, tarragon if necessary. Serve warm or at room temperature, makes 6 servings.

Easy Kale and Tomatoes

1 bunch kale, stems removed and leaves coarsely chopped
1 tomato, chopped
1 onion, chopped
water or tomato juice
olive oil
salt and pepper

Place kale, tomatoes, and onions in pot with just enough water or juice to keep them from burning while cooking. Cook over medium heat until kale is tender, about 20 minutes. Add a little olive oil, plus salt and pepper to taste before serving. Makes 2 servings.

News from the farm . . .

We are finally getting RAIN!!! Enough said.

Tidbits . . .

We are beginning to run a little short on the actual baskets lately; possibly some of you may have an empty basket decorating your garage, pantry or back-seat of the car. If you could return any baskets next week at pickup, we'll be sure to have enough for everyone!

As we promised you earlier in the season, the baskets would be adequate in veggie quantity early on, quite generous during mid summer, and then cut back again as we head towards the end of our growing season. We are aware the last several baskets have been abundant especially with many tomatoes, squash and peppers. This week's harvest is less, both due to the much-needed rain and due to that time of the season when production slows a little.

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