

In the basket . . .

Heirloom Tomatoes – These are good for people who don't like the red tomatoes since they are lower in acid and a little sweeter flavor. Beautiful when sliced too!

Pear Tomatoes – Halve these to use in pasta salad or with onions and spices in a quick vinaigrette salad. Or keep whole for a healthy snack.

Sweet Basil – For an incredibly simple yet tasty appetizer, slice some tomatoes and fresh mozzarella cheese and shred some basil. Place the tomato slices and cheese on a serving plate and salt to taste. Then sprinkle the basil on top. You can also put a little olive oil on if you like. Delicious!

Green Onions – They're still doing well this year, so we've included a few in your basket. Nice to use in any dish that needs an onion.

Gold Potatoes – As we mentioned before, we do rinse the field dirt off of them but recommend that you wash them at home as well. These new potatoes are creamy and can be used for potato salad, mashed, steamed, grilled or roasted.

Zucchini – Although most of the recipes we have given you thus far require you to bake or broil the zucchini, remember that they're excellent sprinkled with some salt and pepper and grilled on both sides for about 3 minutes each or see the recipe below.

Hot Peppers and a Sweet One – We've included some jalapenos, hot banana peppers, and a colored bell pepper! Did anyone make salsa with the hot peppers last week? Got a recipe you want to share?

Sweet Corn – Because of the challenging weather conditions, we don't have an abundant supply. But we've included a few ears in your basket from our patch, and a few ears from our neighbor's patch. Corn can be easily frozen for use in the winter. Either the whole ear can be blanched

and go into a freezer container, or cut the corn off first and put in freezer bag.

Green Beans – Our most recent planting of beans is starting to produce. Just snip the ends off and break into bite size pieces before cooking. Can be quickly cooled and used in a salad, or served warm with the new potatoes.

Blackberries – These are probably the last ones ready this season. Almost everybody has a recipe for his or her favorite pie or cobbler. A quick dessert, mash gently in a saucepan, add a little sugar and heat slowly to make a sauce. If too thick, add a little water if needed. Serve over vanilla ice cream. A couple more recipes are below.



A few of you have "met" our heritage turkeys in the driveway when you've picked up your baskets. On the right is a Royal Palm tom, in the center a Slate tom, and to the left a Royal Palm hen.

Recipes of the week . . .

Here's a very easy recipe for grilling your zucchini, eggplant, and bell peppers.

Grilled Vegetables in Chili Oil

¾ cup olive oil
6 cloves garlic, minced
1 ½ tsp chili powder
1 ¼ tsp salt
3 zucchini, cut lengthwise into ¼-inch thick slices

1-2 bell peppers, cut into 1-inch wide strips
1 eggplant, halved lengthwise and cut crosswise into ¼-inch thick slices (for those of you that still have some from last week . . .)

Mix oil, garlic, chili powder, and salt in a large bowl. (If you want, you can reserve a little of this mixture to baste on the vegetables while they're on the grill.) Add vegetables to the oil mixture and toss to coat. Grill vegetables about 3 minutes per side. You can serve this as a side dish or put the vegetables in tortillas for a vegetarian main dish.

Blackberry Sauce

¾ C water
1/3 C sugar
2 C blackberries
2 Tbsp lemon juice
¼ C blackberry brandy (optional)

In a heavy saucepan, boil water and sugar together for five minutes. Add blackberries and lemon juice and simmer until berries are soft. Puree in a blender or food processor and add brandy. Puree may be pressed through a sieve to remove seeds. Makes 1 ½ cups. Serve on ice cream or over cheesecake. (Recipe from *Best of the Best from Kentucky*)

Blackberry Cobbler, homemade style

2 C flour, plain or self-rising
1 tsp salt – only if using plain flour
2/3 C plus 2 Tbsp shortening
4-5 Tbsp ice water

4 C blackberries
1 ½ C sugar
2 C water
4 Tbsp butter

Preheat oven to 400 degrees. To make the dough, mix salt with flour. Cut shortening into flour mixture using two forks until blended and crumbly. Add ice water, mixing lightly until pastry holds together. Divide pastry into two portions, pat into balls, and chill while you prepare fruit.

Put berries, sugar, water and butter in a heavy saucepan and bring to a boil. Let boil about five minutes, stirring often to keep from sticking.

Roll out one ball of pastry to piecrust thickness and cut into inch-wide strips. Pour half fruit mix into 12 x 9 x 2 inch pan and lay the strips across the fruit in rows. Roll out and cut second ball of pastry, pour the remaining fruit mixture into the pan and lay the rest of the pastry strips over it. Bake for 45 minutes at 400-425 degree oven. Serves 8. (Recipe from Ronni Lundy's *Shuck Beans, Stack Cakes, and Honest Fried Chicken*).

News from the farm . . .

We make compost here! By turning our piles frequently, monitoring for temperature and moisture content, and building the pile correctly in the first place, we can produce "finished" compost in a timely and consistent process. We use a piece of equipment that is pulled behind a tractor to turn our long rows of input material. Once the temperature has built up in the pile, we pull the compost turner through the row, and it uses its finger-like tines to pickup, toss, and aerate the material. Our inputs are all agricultural materials (culled vegetables, straw and horse bedding from a neighboring farm, and other types of plants, weeds, stalks, etc.) Each pile takes about 8 to 10 weeks to go from waste materials into stabilized finished compost. We spread it over our own fields to increase the organic matter, stimulate microbe activity, and build better soil. Our compost is available year-round in bulk loads for pickup at the farm, or in 12-gallon bags anytime.

Tidbits . . .

Our website is an ongoing work-in-progress it seems. Our plan is to post each newsletter under the CSA page. You will always have access to the recipes throughout the season so if you are wondering about that earlier green bean recipe, or the pure gold potatoes, or oven-roasted potatoes, just look on-line to locate it.

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