

In the basket . . .

Fresh Green Beans - These stringless beans are a welcome offering this week. We included a recipe below for a traditional Kentucky way of preparing beans, simmering for hours on the back of the stove, filling the house with the aroma of home-cooked foods. Otherwise, just snap the ends and either sauté quickly with onion and garlic, or simmer in water until tender – some folks add an onion, or a green bell pepper, or even a hot pepper to the simmering water. Take the pepper or the onion out before serving.

Red Slicing Tomatoes –Enjoy sliced for salad or on sandwiches or burgers. Our family did not grow up eating sliced tomatoes and mayonnaise on white bread like others from the country, but once we tried it, we admit it is pretty tasty. Our version is to lightly toast some good bread (cover one slice with a wedge of cheddar cheese to melt the cheese slightly) then add a thick slice of a real ripe tomato, and add a dollop of mayo. Enjoy!

New Gold Potatoes It seems we are digging potatoes every Monday now. These fresh gold ones should be hard and full of moisture. They can be used for many dishes, or stored in your refrigerator for later use.

Patty Pan Squash – These firm round squash are versatile and have a nice sweet flavor. Just cut the stem off and cook whole, or slice or quarter, or spear on a kabob for grilling. They can be steamed or oven-roasted and served with fresh herbs or butter. Or, stir-fry gently in a pesto and serve over pasta. They hold their shape when cooked and can even be hollowed out and stuffed for any stuffed squash recipe you might have.

Onions – More of our onions to use in one of the recipes below. They can also be stored in your pantry for later use.

Cucumbers – The fall planting has begun producing and what we have sampled so far are crisp and full of flavor. Enjoy with tomatoes and onions in the Fire and Ice Salad recipe a few weeks ago (www.elmwoodstockfarm.com - July 11-12

pickup) or use one in the recipe below for a nice sandwich spread.

Heirloom Tomato Medley – Though they are small, enjoy the mixture of black plum, yellow and red pear, garden peach, and green zebra tomatoes – we are not predicting many more harvests of the colorful heirlooms.

Swiss Chard Greens – Who knew that the beautiful and colorful Rainbow Chard would turn out to be the workhorse of the drought summer of 2005? We have kept the irrigation going and the chard has continued producing. Use a little as a green salad, sauté in olive oil (the other staple of the summer), or if you are stumped – think anything that you might try with spinach, you can substitute the chard. An additional recipe is below.

Peppers – A bell pepper and a couple of jalapenos this week. Some folks have been known to throw a hot pepper into their beans, slice one into a pasta sauce, or just stick the whole pepper into a plastic freezer bag for that big pot of chili you will be making during this winter's first stay-at-home storm.

Green Tomatoes– Try the fried green tomatoes one more time this summer. Below are the quick recipe and the recipe when you have a little more time . . .

Recipes of the week . . .

This recipe is from Ronni Lundy's *Butter Beans to Blackberries*. In her narrative, she says "I'll wager just about anything that is slow-cooked is the only way we'll be asking for them in heaven, with a pan of cornbread, a platter of fresh sliced garden –warm tomatoes, and a chilled bowl of cucumbers and onions on the side."

Classic Southern-Style Green Beans

2 pounds beans
water
¼ pound salt pork
salt

Snap beans into pieces about 1 inch long. Discard any with blemishes. Rinse in very cold water and

drain. Put beans in a large, heavy pot with a lid, and just cover with water. Add the salt pork, using your hand to buy it down in the beans. Bring to a boil over high heat, cover turn down the heat, and simmer for 1 hour. After the hour, add salt if needed (depending on how briny the pork is). Half-cover and simmer for another hour or so, until the beans are very tender and saturated with the seasoning, and the water has boiled down to a bit of rich pot likker. These beans are even better warmed up the second day.

Benedictine

1 large cucumber (or 2 smaller ones)
1 package cream cheese, softened
1 small onion, grated
¼ tsp salt
1 Tblsp mayonnaise, or more to taste

Pare the skin and grate the cucumber. Squeeze off the juice. Combine with remaining ingredients. Add a little more mayo if too stiff to spread. Some recipes call for a couple of drops of green food coloring – but we just can't seem to recommend doing that to our cucumber . . . Maybe it would be fun for the kids though!

This is a favorite sandwich spread or can be used as a dip for veggies or chips. It was not too many years ago that some of us realized that Benedictine was not nationally known, but maybe a 'Kentucky thing.' We thought everyone grew up enjoying homemade Benedictine sandwiches in their school lunches. The story goes that the spread was first served by Jennie Benedict at the famous Benedict's on Fourth Street in Louisville many years ago.

#1 – Quick Fix, Fried Green Tomatoes

Wash and slice tomatoes in ¼ inch slices. Put cornmeal in a bowl; dredge each slice in meal, covering both sides. Heat ½ inch depth of cooking oil on medium in a heavy iron skillet. (Pure lard works great, or Crisco oil). Gently lay tomato slices in pan covering bottom but not overlapping. Cook until brown and turn once, browning the other side. Watch carefully as they cook quickly. Drain on paper towel. Serve warm, sprinkle with Worcestershire Sauce.

#2 – Little more time, Herbed Green Tomatoes

Wash and slice tomatoes in ¼ inch slices. Sprinkle slices with salt and drain 30-60 minutes. Mix the following in a bowl:
¼ cup cornmeal
¼ cup grated parmesan cheese
2 Tblsp all purpose flour
¾ tsp garlic salt
½ tsp dried oregano
1/8th tsp black pepper
Beat an egg. Dip each slice in egg, then flour mixture covering both sides. Heat ½ inch depth of cooking oil on medium in a heavy iron skillet. Gently lay tomato slices in pan covering bottom but not overlapping. Cook until brown and turn once, browning the other side. Watch carefully as they cook quickly. Drain on paper towel. Serve warm or room temperature, sprinkle with Worcestershire Sauce.

Swiss Chard Pie

½ onion, chopped
1 garlic clove, minced
2 tbsp olive oil
2 to 2 ½ cups spinach, chopped
2 to 3 drops hot sauce
3 eggs
½ cup shredded cheese (cheddar we like)
½ tsp salt
1 uncooked piecrust

Preheat oven to 400 degrees. Brown the onion and garlic in oil over medium heat, stirring occasionally. Add chopped spinach and cook down until wilted, stirring often. Beat eggs in a bowl. Add hot sauce, cheese and salt to egg mixture. Combine with spinach mixture. Pour into piecrust and cook 20-30 minutes until done.

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