

In the basket . . .

Red Slicing Tomatoes
Swiss Chard
Pear Tomatoes

Cranberry Red Potatoes, Banana Russian Fingerling Potatoes, Gold Potatoes -- Enjoy these small gourmet potatoes roasted, boiled, or steamed whole. Also find a mashed recipe below.

Shell Out Fall Beans -- We shelled these for you! Cook slowly in simmering water and enjoy. These beans can be stored in your pantry for later use if kept in an airtight container. Just soak to rehydrate when ready to cook. You might also put them directly into the freezer for storage.

Patty Pan Squash, Yellow Squash and/or Zucchini -- Enjoy the final squash medley of the season!

Heirloom Tomatoes -- You will notice that all the tomatoes ripen slower these days. Maybe the day length, not just the temperature has something to do with it? Hopefully you will have enough different degrees of ripeness to last you a little while.

Sweet Peppers -- So depending on the variety and the seed chosen, some green bells will turn red if left on the plant, some turn yellow, some orange, some chocolate, and some just rot . . . The pepper sweetens the longer it is on the plant which is why the coloreds are sweeter than the green bells.

Spaghetti Squash - You can poke holes in the squash with fork or knife, and bake in oven about 350 degrees till skin is soft. When done after it cools slightly, cut in half, remove seeds, and rake out the strands with a fork. Serve with olive oil or butter and Parmesan cheese,

or serve as spaghetti with nice fresh tomatoes and peppers.

Hot Peppers-- Red cayenne, Serrano, or Jalapeno can be used fresh, remember the seeds and the ribs are the hottest part. If dried, the pepper can be ground and used in many recipes. Once dry, store in freezer or in airtight container on the spice shelf.

Recipes of the week . . .

From Canada TV's Food Network host, Pete Lockett, this recipe can be enjoyed with many types of pesto: traditional sweet basil, a green onion pesto, or try a roasted red bell pepper pesto for extra flavor.

Pesto Mashed Potatoes

2 # potatoes, washed and cubed
1/3 C pesto
1/2 C cream (optional)
salt & pepper

Boil potatoes in water until done. Drain liquid reserving 1/2 Cup. Mash potatoes with pesto, cream, and a little of the cooking water until creamy. Season to taste with salt and pepper and serve immediately. Serves 4.

Three Pepper Sauté

3 bell peppers
1 T olive oil
1 clove garlic, finely minced
1 T balsamic or red wine vinegar
salt and pepper to taste

Remove stems, seeds, and ribs from peppers. Cut lengthwise into 1/4" strips. Heat oil in large skillet over medium-high heat. Add garlic; cook until golden. Add pepper; stir and cook until crisp, tender, 3-4 minutes. Sprinkle with vinegar, salt and pepper. Serves 4.

From Asparagus to Zucchini.

From the farm . . .

Thanks for coming to the Farm Tour last Sunday afternoon, we hosted about fifty of our members and their families. Several of you commented that the bonfire was the largest you had ever seen! We enjoyed showing you a little more about the farm.



1. This week a Member Survey is attached. Please return it to us as soon as you can, by the postal service to address below, by fax to 502.867.2046, or send us an email and we'll send you an electronic copy. The paper copy gives you an option to respond anonymously. Your feedback helps us to better plan for next season.
2. We will be increasing our membership in 2006 and word-of-mouth is the best way. If you know neighbors, friends or co-workers that may be interested in CSA for 2006, please pass along our card to them and recommend they review the CSA page on our website.
3. We have not yet finished the details for 2006 CSA season. Once we receive your feedback and analyze our own crop records, we will begin taking signups for 2006. We will send you information on email and then post our signup materials on our website – all of this by February 2006. We will be ordering seed, tilling ground, and planting in the greenhouse at that time.

Turkey Turkey!

Please contact us if you would like to sign up for a holiday turkey. We offer both a white-meat turkey and a heritage breed turkey (more dark meat than traditional). These are not-the-ordinary because (1) they are raised outdoors in a pasture, ranging about, and (2) certified organic – both the pasture and their feed so no GMO, no antibiotics, no by-products in their feed . . . In other words, clean wonderful tasting turkey for that special holiday event.

The pricing is unset at this time because our organic feed costs for the next 4 weeks has not been set by our supplier. But, we do know that the heritage breed turkeys will be a little more; pricing starts about \$35; and weights of turkeys will range from 4# up to about 24# . So, at this time, just let us know if you are interested, and we will confirm the details with you the first week of November.

We at Elmwood Stock Farm would like to express our sincere thanks for your support this season. Your commitment as a partner with the farm through CSA, your kind words at the weekly pickup, and your attendance at our farm tour last Sunday convey your interest and care about sustainability of local farms like Elmwood. We will continue our efforts to produce the best food that we can for you, as together we develop a real community food system.

Sincerely,
Cecil, Kay, John, Melissa, Mac, & Ann along with all of our invaluable helpers.

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