

## In the basket . . .

**Red Slicing Tomatoes** – This is a good week for the red slicers! If you are interested in making sauce or salsa, canning juice or tomatoes, or putting some in the freezer, please let us know soon. We have many small and/or slightly bruised red ripe juicy tomatoes that are available if you have any time in the kitchen.

**Salad Mix** – This mixture of several lettuce varieties was grown by the farm's intern, Paul, as an experiment in our greenhouse this summer. The mix includes: Summer Bibb, Green Oakleaf, Green Leaf, Red Leaf, Rouge D'Hiver, and a couple of others predicted to perform well in hot weather. Enjoy with cucumber, tomato and pepper in a fresh green salad!

**All Blue Potatoes and Banana Russian Fingerling Potatoes** -- Enjoy these small gourmet potatoes roasted, boiled, or steamed whole. They are full of flavor, a little dense for their size so make sure they are cooked through, and easy to prepare. The fingerlings have a slight nutty flavor and the mixture is a nice combination. Enjoy with butter or olive oil, salt and pepper.

**Greasy Beans** – Last week's recipe probably goes with this week's beans . . . anyway, these are a type of heirloom bean enjoyed by many. The seed is saved at the end of each season to be stored over winter and passed down through the generations. This type of greasy bean has a string down each side, so break off the end gently, pull that end towards the other pulling the string off. Break off the other end and continue up the other side again pulling the string off. If the string breaks away, then just check for strings when you break the long bean into bite size pieces. Any beans that fall out can be put in with the other green bean pieces. Cook slowly in simmering water and enjoy. Leftovers taste even better.

**Patty Pan Squash** – The squash continues to be producing well since irrigated and we are harvesting from the third planting this season. Find a recipe below.

**Red and Yellow Onions** – If you don't use these this week, just store in your pantry for later use. *Note from the farm:* We planted four varieties this season, the overall size of the onions when ready for harvest was about one-third of what it should be; and the yield was about 10-15% of expected harvest. In the commercial vegetable world this would be called "crop loss." We are happy to have even this small amount for you during this drought and hope you will enjoy the onions in the recipe below.

**Cucumbers** – Use with the tomatoes and lettuce for a late summer salad, or find another recipe below.

**Baby Heirloom Tomatoes** – The ripening schedule is much slower these days as the season slows, but the black plum, yellow and red pear, and garden peach tomatoes are still coming. Enjoy sliced in a green salad, or with basil, some cheese and a nice dressing.

**Peppers** – A bell pepper this week with a new recipe below.

**Spaghetti Squash** - This is the large smooth-skinned yellow or pale colored fall squash. We have planted several varieties of winter squash without significant results – some of it twice and some three times – the problems again are due to dry, dry soil and no rain. What we have out is not ready for harvest yet, so we traded a neighbor here in Scott County some of our yellow squash and zucchini for his spaghetti squash. It can be kept for several weeks in the pantry (not refrigerated) until ready to use. The easiest way to cook is put the whole thing in a large pot of water on top of the stove and boil. This can take about 25 to 45 minutes depending on the size of your squash – if it cracks, you know it is ready. 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 a nice tomato sauce.

**Sweet Basil**– Use with tomatoes in a salad, or in recipe below.

## **Recipes of the week . . .**

From the *Rolling Prairie Cookbook* by Nancy O'Connor, we recommend our own free-range organic eggs for this!

### **Frittata With Peppers and Summer Squash**

1 T olive oil  
1 medium onion, chopped  
2 bell or 4 sweet banana pepper, seeded, chopped  
2 pounds beans  
2 squash or zucchini (4 medium patty pans)  
2 tsp finely minced oregano  
¾ tsp salt  
6 eggs  
½ C milk  
½ C grated fontina or other cheese  
¼ C freshly grated Parmesan cheese  
freshly ground black pepper

Heat olive oil in a medium-sized skillet over medium heat. Add onions and lightly sauté for 1 minute. Add peppers, squash, oregano, and ¼ tsp of the salt. Sauté for 4-5 minutes longer until squash is just beginning to brown. Remove from heat and set aside. Preheat oven to 350 degrees. Beat eggs with milk and the remaining ½ tsp salt. Add cheeses and black pepper. Stir in vegetable mixture. Pour into a lightly oiled 10 inch baking dish or iron skillet and bake for approximately 40 minutes or until just set. Cut into wedges and serve hot. Serves 6.

### **Cucumbers in Sour Cream**

2 to 3 cucumbers  
2 T fresh chopped dill or dried dill, use a little less  
1 tsp chopped chives  
1 C sour cream  
salt to taste  
cider vinegar to taste

Peel and slice cucumbers paper-thin. Add dill and chives to sour cream. Add salt and a wee bit of cider vinegar to taste. Add sour cream mixture to cucumbers and toss well. Chill before serving.

### **Spaghetti Squash with Fresh Tomatoes, Basil, and Mozzarella**

1 medium sized spaghetti squash  
2 T olive oil  
3 cloves garlic, finely minced  
1 medium sized shallot or small onion  
2 to 3 tomatoes, peeled and chopped  
1/3 C sun-dried tomatoes, cut in strips, soaked in 1 C boiling water, drained  
¾ tsp salt  
freshly ground black pepper  
1/3 C fresh basil leaves, finely shredded  
6 ounces fresh Mozzarella, cut into ½ " cubes  
basil leaves for garnish

Put on spaghetti squash to boil. When it is done, remove it from the pan and allow it to cool while you prepare the sauce. Heat the olive oil in a deep skillet over medium heat. Add the garlic and onion. Sauté for 2 minutes. Stir in the fresh tomatoes. Also add the dried tomatoes, salt and pepper. Cook for 3 to 4 minutes, stirring often. Remove from heat, stir in the shredded basil. Now go back to the spaghetti squash, which should be cool enough to handle. Cut it open, scoop out the seeds, and carefully rake the strands into a large bowl. Add the cheese cubes and toss. Cover and allow to sit for several minutes so that the cheese can soften and begin to melt. Heap spaghetti squash onto a large platter. Pour the hot sauce over all. Garnish with fresh basil leaves. Serves 6.

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