

MARK YOUR CALENDARS! Farm Tour and Share the Harvest Meal scheduled for Sunday, October 9, 2005. Tours begin at 5pm and dinner ready at 6:30 pm. Directions will be provided.

In the basket . . .

Acorn Squash – The green or white round hard squash with the scalloped edges is an acorn winter squash, (this week's squash was grown on a neighboring farm that received more rainfall this summer than Elmwood). The hard shell protects the interior pulp from decay and it will keep for several weeks in a cool, dry place. The idea being that these squashes are harvested in the fall months and kept into the winter months so that one has seasonal fresh vegetables in the cold time of the year. No need to refrigerate.

To prepare, simply cut in half with a large heavy knife, scoop out seeds, bake face down in a baking dish with a little water in the bottom for 30-40 minutes until done (350 degrees). Turn cut side up, insert a dollop of butter, a little honey or brown sugar, dash of nutmeg or cinammon if desired, and put back into oven for several minutes to caramelize butter and sugar. Eat right out of shell.

Slicing or Stuffing Heirloom Tomatoes –Enjoy sliced or diced for salads, burgers or pop in a freezer bag to enjoy later. To enjoy as the focus of your meal, review some recipes below. Varieties this week may include White Wonder, Great White, Black Krim, Cherokee Purple, Pink Brandywine and our Red or Gold Slicers.

Medley of New Potatoes – You will find an assortment of small new gold, blue, red, and/or fingerling new potatoes that can be enjoyed together in a colorful dish. Roast or steam whole for full flavor.

Zucchini and Eight-Ball Zucchini Squash – Can be oven-roasted, grilled or use for the recipe below.

Squash Blossoms– Try either of the recipes below to enjoy this gourmet delicacy often only found in fine-dining restaurants.

**Red Onions
Cucumbers
Pear Tomatoes
Sweet Peppers
Sweet Basil**

Recipes of the week . . .

These three recipes come from Kay's kitchen. The tomato stuffed with mushrooms is a family favorite passed down from Kay's mother years ago. It can make a nice vegetarian entrée or smaller tomatoes serve as a colorful side dish

Mushroom Stuffed Tomatoes

6 medium tomatoes
1 pint fresh mushrooms, chopped
2 T butter
½ C sour cream
2 beaten egg yolks
¼ C dry breadcrumbs
1 tsp salt
dash pepper
dash thyme

Cut stem end from tomatoes, scoop out pulp. Turn shells upside down to drain. Chop pulp fine; measure 1 cup; set aside. Cook mushrooms in 1 T butter until tender. Combine sour cream and egg yolks and add to mushroom along with tomato pulp. Mix well. Set aside 3 T breadcrumbs. Stir in rest of crumbs, salt, pepper and thyme. Cook and stir until mixture thickens and boils. Spoon mixture into tomato shells and place in baking dish. Combine 1 T melted butter and 3 T bread crumbs and sprinkle atop tomatoes. Bake at 375 degrees for 25 minutes.

Sausage Stuffed Tomatoes

6 medium tomatoes
6 slices day old baguette, ½ inch each
½ C milk
1 # hot sausage (Elmwood's Hot Italian Beef Sausage)
3 cloves garlic, peeled and chopped
½ small onion, chopped
3 T chopped fresh parsley
salt and freshly ground pepper
½ C coarse fresh bread crumbs
4 T butter
2 T olive oil

Trim tops off tomatoes, scoop out and chop pulp. Turn tomatoes over and allow to drain. Tear bread into small

pieces and soak in milk until soft. Add to chopped tomato pulp. Add sausage, garlic, onions, parsley, salt and pepper and mix well. Fill tomato shells with stuffing, sprinkle with breadcrumbs and dot with butter. Drizzle entire pan with olive oil. Bake at 375 degrees for one hour.

Zucchini Bread – 1 Loaf

1 C all purpose flour
1 C whole-wheat flour
1 ½ tsp baking powder
1 tsp cinnamon
½ tsp allspice
½ tsp baking soda
1 tsp salt
1 egg
¼ C vegetable oil
½ C sugar
1 C grated zucchini, skin on
½ C milk

In one bowl combine first 7 ingredients and set aside. In another bowl, beat egg. Add oil, sugar, zucchini and milk. Blend well. Add to dry ingredients, stir just until moist. Spoon in greased loaf pan. Cook at 350 degrees for about 1 hour, or until tests done.

Another recipe from friend, Vanessa Oliver:

SQUASH BLOSSOM FRITTATA

6 eggs
Assortment of squash blossoms
½ C cup fresh basil
¼ sweet onion, diced
1 small zucchini, diced
¼ C half n half
salt, pepper, olive oil and 1 tsp

Preheat your oven to 400. Sauté the onion in the olive oil and butter (about 2 Tbsp of olive oil to 1 Tbsp of butter) until opaque but not brown. Add the zucchini, and cook until slightly soft. While that's going, rinse and pat dry the flowers. Add them to the pan and cook until they just begin to wilt. Take the veggies out of the pan and set aside.

Whisk the eggs with the 1/2 & 1/2. Add salt and pepper. Turn into the pan, and arrange the veggies on top. As the bottoms of the eggs begin to set, push in the sides of the frittata so that the eggs run down onto the bottom to cook. When the frittata is about halfway set, scatter the basil across the top and slide the pan into the oven to finish cooking. Check on it after about 10 or 15 minutes. You want it about 95% cooked when you take it out. It will continue to cook a little in the pan out of the oven. Cut into wedges or squares, and serve! - VO

Holly Hill Inn's Stuffed Squash Blossoms with Tomato Salad

Large squash blossoms – 2 per person
8 ounces fresh goat cheese (this will stuff at least 8 blooms)

1 T chopped chive
1 T chopped parsley
1 T chopped dill

Batter:

2 eggs, separated
2 T olive oil
½ C warm beer
1 tsp salt
½ C flour

Tomato Salad:

2 C locally grown tomatoes, chopped
1 shallot or a wedge of red onion, minced
1 clover garlic, minced
2 T basil, minced
2 T balsamic or cherry vinegar
2-3 T very good EV olive oil
salt, pepper to taste

For the blooms, check for bees and ants. Remove the stamen and rinse very lightly, then remove to a paper towel. Mix the goat cheese with the herbs; you can also add a little lemon zest if you wish. Stuff about 1 T of the filling into each bloom and squeeze the petals gently around the cheese. Reserve in the fridge until ready to cook.

For the batter, mix the egg yolks with the oil and the beer. Add the salt and flour. Mix until you have a smooth batter. Leave in a warm place for about an hour. Whip the egg whites to stiff. Fold into the batter just before using.

Heat about ½ inch of olive oil or canola oil in a skillet. Dip the blooms into the batter and fry on both sides until golden brown. Remove to a paper towel and lightly salt. For the plate: Combine all the ingredients for the tomato salad and let it sit at room temperature before serving. Spoon ½ C or so out onto each salad plate. Place two squash blossoms on top while they are hot, serve.

From the farm – Some of you probably have noticed our ongoing construction projects. We are running underground water lines from the source at the highway to the back part of the farm. Although planned before this dry season, the access to water in our “back 40” will allow us to better rotate our crops that need irrigation and provide water to the livestock year round.

Elmwood Stock Farm
www.elmwoodstockfarm.com
859.621.0755