

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 . . .

Asian style & White Eggplant – The purple skinny eggplant often has no (or less developed) seeds while the white has a thinner skin and a non-bitter flavor. We've heard good reports from using a light tempura batter recipe that reflects the Japanese style of food preparation. Another option is to slice and marinate for several hours before grilling.

Tomatoes, tomatoes – Enjoy while they last. Another recipe below for a nice bruschetta.

Spaghetti Squash – We've had great comments about this fun and delicious vegetable. One of our helpers did a little internet research and says that the spaghetti squash has only 37 calories per 4 ounce serving – much different than pasta!

Rainbow Swiss Chard -- Enjoy in any recipe that you might use spinach, sauté with onion or garlic for a nice side dish, and find another recipe below.

Sweet Basil – As soon as temperatures get cool, the basil will be one of the first to go, so enjoy now while you can. Let us know if you need a pesto recipe; you can make up a batch and freeze in portions sized for your family to pull out later.

Gold New Potatoes
Patty Pan Squash
Cucumbers
Sweet Banana Peppers
Heirloom Tomatoes

Recipes of the week . . .

Curried Swiss Chard with Yogurt

12-16 oz swiss chard (or spinach)
½ C plain lowfat yogurt
1 Tbsp chopped fresh ginger
2 cloves garlic
1 1/8" slice onion, chopped
1 ½ Tbsp curry powder

juice of half of a lemon
olive oil
salt, pepper, cayenne

Sauté onion in olive oil until soft. Add ginger, garlic, salt, pepper, and cayenne. Sauté for 1 minute. Add chopped chard, and cook until wilted down. Turn heat down to low. Add lemon juice and stir in yogurt, cooking only until heated. (If the heat is too high, or if you leave it on the heat too long, the yogurt may curdle.) This is good on top of rice or pasta or a baked potato or add some drained canned chickpeas when you add the spinach and roll it into a tortilla. – Another recipe from friend Vanessa Oliver of Alfalfa Restaurant.

Simple Summer Soup – Gazpacho

2 ½ C tomato or vegetable juice
1 C peeled, seeded, finely chopped fresh tomatoes
½ C finely chopped celery
½ C finely chopped cucumber
½ C finely chopped green bell pepper
½ C finely chopped green onion
3 T white wine vinegar
2 T extra-virgin olive oil
1 large clove garlic, minced
2 tsp finely chopped flat-leaf parsley
½ tsp salt
½ tsp Worcestershire sauce
½ tsp freshly ground black pepper

Combine all the ingredients in a large glass or stainless steel bowl. Cover and refrigerate overnight. Serve cold.

The wonderful cold soup recipe was shared with us by a CSA member from Georgetown – she pulled it off of the South Beach Diet website, but know that it has all of the flavor if not all of the calories! We substituted a sweet bell pepper for the green bell, and used one of our own red onions in place of the green onion – but either version is yummy.

Late Summer Bruschetta

2-3 large tomatoes
1 crunchy sweet pepper
1 med sweet onion
2-3 cloves garlic, minced
olive oil

small handful chopped basil
crusty bread (like baguette)
shredded mozzarella or grated Parmesan

Chop the vegetables into a midsize-diced size. Combine with garlic, 1-2 T olive oil, and basil. Slice the baguette down the middle and lay the 2 sides cut side up. Brush with additional 1-2 T oil and sprinkle on cheese. Broil bread for several minutes until bread or cheese browns a bit. Top the sections with some of the vegetable mixture. Makes 4 servings. – *From Asparagus to Zucchini.*

From the farm – At this time of year, we begin thinking about next season. John and his help prepared ground, laid down a mulch to suppress weeds and retain moisture, and planted strawberries (photo below). Once the root system gets established this fall, the plants will be mulched for the winter with harvest expected next spring in late May or early June.



We also plant cover crops to return nitrogen to the soil, reduce erosion over the winter, and improve the overall soil structure. We begin to think about new crops for next season (celery and garlic) as we recognize all of the unharvested crops this year that we worked hard on but could not overcome the conditions (watermelons, cabbage, broccoli, summer lettuce, pumpkins).

There are **two more weeks of basket pickup** after this one: October 3-4 and October 10-11. If you would like to come to the farm on Sunday, October

9th, we would love to have you visit and show you around. If the date does not work for you, let us know and possibly we can host you after things have died down a bit in November.

We are beginning to take orders for our free-range Certified Organic Turkeys for the holiday season. More information will be available next week but please let us know if you are interested.

Tidbits . . .

Over the years we have harvested, washed, graded, boxed, and delivered produce to several restaurants and other types of food businesses in the Central Kentucky area. In the early years, independent small groceries often took cases of tomatoes, peppers, squash, or cucumbers to put in their produce displays knowing that the local product was a draw for their customer. As places like Mac's, IGA, and Walt's Pantry Fresh closed their doors; our farm began to develop relationships with area chefs who were interested in fresh, high quality vegetables or specialty items to enhance their menus. Today we service several places who have a commitment to serving the best and know that including local products is one key to their success.

We invite you to enjoy Elmwood's produce, meats or eggs expertly prepared at the following places:

[Harvest Restaurant](#), Lexington, 859.268.4374

[Holly Hill Inn](#), Midway, 859.846.4732

[Café Jennifer](#), The Woodlands, Lex, 859.255.0709

[Alfalfa Restaurant](#), Lexington, 859.253.0014

[Billy's Bar-B-Q](#), Lexington, 859.269.9593

[Fava's Restaurant](#), Georgetown, 502.863.4383

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