

# FARMLOG

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## WEEK 8

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TOMATOES

ZUCCHINI

SWISS CHARD

YELLOW SQUASH

COLLARD GREENS

SCALLIONS

CHERRY TOMATOES (REGULAR  
SHARES)

### CONTACT INFORMATION

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## FIELD TO HAND

Summer really seems to be in full swing now - the buzzing bees, long days with plenty of sunshine, high humidity, picnics, all kinds of water fun, and planting, planting, planting. We're looking for ideas for meals we can eat with our hands as we buzz around the farm. During a quick break with the crew this morning, we taste-tested fritters and pizza using last week's newsletter recipes. We came up with some tweaks to the recipes along with essentials for adventurous eating with your CSA share. (Tweaks to the fritter recipe - add fresh basil. Yes, we'll have basil this summer! Tweaks to the pizza crust - roll that sucker with a rolling pin instead of using your hands! Mine was way too thick.)

More thoughts about recipes: 1. they must be simple and quickly prepared (30 minutes or so), 2. they need to use ingredients that you typically keep in your pantry and/or give options for substitutes, 3. they include ingredients that can be prepped ahead of time. Also, recipes must appeal to all ages and tastes. Including children in the prep stage will engage them in ways that might make them more willing to try something new.

Here's a recipe for collard rolls from the [Whole Foods Market](#) website that might fill the bill. Note: I have included substitutes for items that may not be in your pantry. Keep cooked brown rice on hand to shave time off meal prep and give you a nutritious palette for a variety of summer veggies.

Carla

### Collard Rolls

2 bunches collard greens (use CSA collards and swiss chard, reserving collards for rolling), 1/3 cup orange juice, 3 tablespoons tahini (tahini is a thick oily paste made from toasted sesame seeds which can be omitted or substituted with peanut butter - plain with salt only), 1 clove garlic, minced, 2 cups cooked brown rice, 1 (15-ounce) can no-salt-added aduki beans, rinsed and drained (can use kidney or red beans instead), 1 red bell pepper, finely chopped, 2 teaspoons toasted sesame seeds (omit if you don't have seeds, but a good thing to consider adding to your pantry)

#### Method:

Bring a large pot of water to a boil. Remove and discard thick stems from collard greens and place leaves in boiling water. Cook 5 minutes or until just tender. Gently remove leaves from water and drain in a colander. Carefully transfer 12 largest leaves to a baking sheet lined with paper towels. Chop remaining leaves and squeeze to drain excess liquid (you should have about 1 cup chopped leaves).

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In a large bowl, whisk together orange juice, tahini (peanut butter) and garlic. Add chopped collards and swiss chard, rice, beans, bell pepper and sesame seeds. You will have about 4 cups mixture. Arrange a reserved collard leaf on your work surface and top with 1/3 cup rice filling. Roll up, starting with the large end of the leaf and rolling it over the filling, tucking in the ends, like a burrito. Repeat with remaining leaves and filling and serve.

### *Catching Up*

If you have CSA greens spilling out of the fridge, I suggest pulling all of them out and giving them a quick wash while sautéing garlic and chopped onions in a big skillet. Chop or tear them and pop them into the skillet with the garlic and chopped onions. Don't be afraid to mix the kale with the chard, particularly if you are getting acclimated to the distinctive flavor of chard. And, if I haven't mentioned this to you before, one of the best go-to seasoning combinations that I have found is one that Patrick Anderson, one of our first farm interns from South Carolina, introduced us to several years ago - "Tony Chachere's Original Creole Seasoning"! A close friend of ours, who does a lot of international traveling to remote parts of the world, takes a small container of Tony's with her everywhere she goes to add a boost of flavor to otherwise limited flavor options.

### *Share Your Recipes with Us*

We have some amazing cooks in our CSA and would love to share your recipes and tips in upcoming newsletters. Please send to me - [carla@lazeightstockfarm.com](mailto:carla@lazeightstockfarm.com). Or, snap a picture of a favorite recipe and text to me at 859.200.4831. Would you be interested in attending a cooking event on the farm? We're considering this and would really like to know if this is something you could get excited about!

### *Critter Update*

We don't have the footage yet from the motion camera placed on the mysterious cat playground and are eagerly awaiting those pictures. Apparently, the farm is a major thoroughfare for skunks this year, as we had a strong hint of a traveller passing through last night. Fortunately, he/she didn't leave any lingering scents, but I'm prepared for the next event with a bottle of "Skunk Off" which reportedly works wonders. Last week, Kip broke the window out of the storm door, entertains himself daily by taking socks and straw hats from the unsuspecting farm crew; and today, he took Jessica's clothes while she took a dip in the creek! Yes, he's been to obedience school :-)