

# FARMLOG

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## WEEK 17

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### CONTACT INFORMATION

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## Looking Ahead

Seems like we are always living in the future - hoping, planning, working for some distant joy, crop, or event. This has never been truer for us than last week when we undertook a new approach to raising strawberries. Long story short, we are starting our plants from the runners of strawberry plants called tips. Coming from Prince Edward Island to Paint Lick, Kentucky, these little babies have to be potted into trays and receive carefully controlled water, sunlight, and airflow. Once they reach the desired size in about six weeks, we will transplant to the field. After transplanting, we will continue to tend and care for them as they will be exposed to all the typical challenges - hungry deer, erratic temperature changes, and disease potential. We are excited about this new approach and the (almost) nine month gestation that hopefully will result in sweet strawberries by around Memorial Day 2018. Shout out to farm crew worker, Hailey Fetterolf, for giving up most of a really nice Saturday to help us get the little tips planted! And to the other crew members who were willing to be on standby to help over the weekend as well.

### *Here come the beans*

The green beans in this week's share are stringless snap beans that are best prepared by cutting or snapping off both tips of the beans. To capture the flavor and preserve the nutrients, boil, steam or sauté them until just tender. They are very tasty if prepared only with butter, or sauté in olive oil with garlic and fresh parsley. Once steamed or sautéed, green beans are nice in pasta dishes and soups.

To Boil Green Beans - drop beans into pot of salted water and boil, uncovered for 4-7 minutes, till tender-crisp. Drain and dry briefly on a kitchen towel. At this point, the beans can be frozen in ziplock bags for later use this winter.

### *Green Beans with Butter and Fresh Herbs*

Melt 3-4 tablespoons unsalted butter in a skillet over medium heat and add boiled, drained green beans. Toss and allow to cook until bronzed slightly - 2-3 minutes. Then season with sea salt, freshly ground pepper and be generous with a variety of herbs, such as chives, parsley, basil, or (my favorite) tarragon. Be creative by adding garlic or thyme to the butter. Then, add a squeeze of lemon or a handful of toasted, slivered almonds at the end. I also like to sauté mushrooms and add to the finished dish.

### *Okra*

Okra is one of those vegetables that folks love or hate. Not having grown up eating okra, except in stews, I was not a real fan, either. But, it has become one of my favorites, combining hints of eggplant, green beans, and asparagus. It's especially good roasted in the oven. Trim the stem end and toss with olive oil, salt, and pepper. Spread on a rimmed baking sheet and roast in a 450 degree oven until tender and browned, about 15 minutes.

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I also roll cut okra pieces in cornmeal, add Tony Chachere seasoning and stir-fry in coconut oil in a cast iron skillet on top of the stove. My college roommate serves okra prepared with cornmeal along with fried green tomatoes.

For this week's ideas, I used two of my favorite resources - [The Four Season Farm Gardener's Cookbook](#), by Barbara Damrosch and Eliot Coleman, and [The Vegetable Butcher](#), by Cara Mangini.

Mangini suggests using the following yogurt-based dip with okra. I expect it would be good with most any roasted veggie and look forward to giving it a try.

### *Maple-Chipotle Yogurt Dip*

"Whisk together 1 cup plain traditional or Greek yogurt, 1 tablespoon freshly squeezed lime juice, 2 teaspoons pure maple syrup, 1 small garlic clove (grated on a Microplane), ½ to 1 chipotle chile in adobo, finely chopped, and 1 tablespoon chopped fresh cilantro.