

FARMLOG

CSA | FARM NEWS | RECIPES

WEEK 16

SHARE CONTENTS

TOMATOES

CANDY ONIONS

GREEN CABBAGE

SLICING CUCUMBERS

OKRA

BASIL AND AUSTRIAN WINTER PEA
MICROGREENS

GREEN BELL PEPPER

ITALIAN FLAT BEANS (REGULAR
SHARES) - MORE COMING FOR
EVERYONE NEXT WEEK

CONTACT INFORMATION

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Salad Time

Growing salad greens and lettuces in the heat of mid-summer is difficult since the tender plants can't withstand the scorching sun and high temperatures. To navigate that challenge, we opted to grow microgreens for this week's share. We hope you will enjoy the fresh flavors of basil and pea shoots. Even though we harvest them right before we close the boxes on the CSA shares to keep them really fresh, we suggest that you use them within 24 hours. Below is a simple recipe from Ina Garten, the **Barefoot Contessa**, that is probably very familiar to you and fits nicely with the items in your share.

Tomato, Mozzarella, and Basil Salad

6 small tomatoes (4 medium)

1 pound fresh mozzarella

10 to 15 basil leaves (use a small handful of microgreens)

3 tablespoons good olive oil

Kosher salt

Freshly ground black pepper

Directions

Slice the tomatoes and mozzarella and arrange casually with the basil leaves on a large platter. Drizzle with olive oil. Sprinkle with salt and pepper and serve at room temperature.

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Quinoa Tabbouleh Salad

I found this recipe on the package of organic quinoa that is (in my opinion) a bit more filling than pasta salad, given the extra boost of protein from the quinoa. Keep in mind that this recipe is just a starting point. Everything in this week's share can be used in this salad. Add cannellini beans to make a complete meal.

Ingredients

- 1 cup organic quinoa
- 2 cups water
- 1 cup peeled and diced cucumber
- 1 cup cherry tomatoes, halved
- 1 cup chopped parsley
- ¼ cup crumbled feta cheese
- 2 Tbsp. kalamata olives, chopped
- 1 Tbsp. chopped mint
- 1 Tbsp. olive oil
- 1 Tbsp. lemon juice
- ⅛ tsp. Kosher salt

Prepare quinoa according to package instructions. Let chill. Combine quinoa, cucumbers, cherry tomatoes, parsley, feta, olives and mint in a large mixing bowl. Toss with olive oil, lemon juice, and salt. Serves 4.