

# FARMLOG

CSA | FARM NEWS | RECIPES

## WEEK 12

### SHARE CONTENTS

---

CHERRY TOMATOES or SLICING  
TOMATOES

RED ONION

LACINATO KALE

COLLARD GREENS

ZUCCHINI

YELLOW SQUASH

BROCCOLI

### CONTACT INFORMATION

---

[eat@lazyeightstockfarm.com](mailto:eat@lazyeightstockfarm.com)

Bryce - 859-661-1501

Carla - 859-200-4831

## Kitchen Herb Garden in a Pot

It's never too late to start some kind of garden. Whether it's planting spring flower bulbs in the fall or starting seeds indoors in the winter, there's hardly a time when your green thumb has to be still. I am enjoying the herbs growing in pots near the house so much and thought you might enjoy starting a mini-herb garden nearby to complement your summer veggies. I have three pots of herbs: one has oregano and marjoram; the second one has sage and rosemary; and the third one has chives, thyme, parsley, and tarragon. All of these can be easily started from seed now. The one exception is rosemary - best to find a small plant at your local nursery to jumpstart this gem. Plant them together in any combination and watch the tiny seedlings take off. I also planted mint near the outdoor water faucet. Don't forget to plant some basil; we enjoy Genovese variety, but there are several nice varieties to try.

Planted now, you will be enjoying herbs by late summer and into the fall. Properly protected, all of these will reseed themselves and return next year. If not, you have only invested the cost of a packet of seeds and have the fun of starting a new combination next year. Involve the children in planting, watering, and tasting. There are lots of websites to help you with the details. Here's one with specifics about one-pot herb gardens - <http://acultivatednest.com/>. Happy planting!

It's a real delight anytime we hear from you all, and especially nice when you share recipes in which you have used your CSA veggies. Thanks to Teresa Black for this recipe from Chris Morocco in *Bon Appetit* for summer squash and pasta. It meets the criteria for simple and delicious, using ingredients that you have on hand. I think this one will be a hit with (newly) 5 year-old Jack (7.8.17) and (almost) 3 year-old Molly (8.18.17)

### *Ingredients (4 servings) for Summer Squash and Pasta*

1/4 cup olive oil, 8 garlic cloves, thinly sliced, 2 pounds assorted summer squashes and zucchini, quartered lengthwise and sliced, Kosher salt, 1 teaspoon Aleppo-style pepper (plain pepper is fine), plus more for serving, 12 ounces paccheri, ziti, or other large tube pasta, 2 ounces Parmesan, grated (about 1/2 cup), plus more for serving, 1 tablespoon fresh lemon juice, and 1/2 cup basil leaves

### Preparation

Heat oil in a large skillet over medium. Cook garlic, stirring occasionally, until very lightly browned around the edges, about 4 minutes. Add

**CONTACT INFORMATION**

[eat@lazyeightstockfarm.com](mailto:eat@lazyeightstockfarm.com)

Bryce - 859-661-1501

Carla - 859-200-4831

squash; season with salt. Cook, tossing occasionally, until squash begins to break down and gets jammy (they may start to stick to the skillet a bit, which means you are there!), 12-15 minutes.

Toss in 1 tsp. pepper.

Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente. Transfer pasta to skillet using a slotted spoon or spider and add 1/2 cup pasta cooking liquid. Cook pasta, adding 2 oz. Parmesan in stages along with more pasta cooking liquid as needed, until sauce coats pasta and pasta is al dente. Toss in lemon juice and most of the basil. Divide pasta among bowls and top with more Parmesan and pepper and remaining basil.

### *Collard Ribbons*

This recipe comes from T. Colin Campbell's Center for Nutrition Studies website. Campbell is physician who has devoted his life to understanding the science and health benefits of eating a whole plant-based life. I'm always a bit skeptical about sharing recipes that are just focused on health benefits, because we eat for more than health. Eating is not just about getting our vitamins, but exploring new tastes and textures and subtle flavor differences. The key to this recipe is slicing the collard leaves in very thin ribbons and adding the unique flavor of maple syrup and paprika to a Southern staple. If you try it, I'd love to hear how it worked for you.

Ingredients: 1 bunch collard greens, stems removed, 1 red onion, thinly sliced, 4 or 5 garlic cloves, minced, 1 Tbsp apple cider vinegar, 1 1/2 tsp pure maple syrup, 1 tsp smoked paprika, 1/4 tsp sea salt, 1/4 tsp black pepper

Preparation: 1. Stack 4 or 5 collard leaves. Roll the leaves tightly into a long tube. Hold the tube tightly with one hand while you cut very thin crosswise slices with the other. The smaller the cut, the more tender the collards will be 1/4-inch thick ribbons is ideal. Repeat with the remaining collard leaves. 2. In a large nonstick skillet over medium-high heat, sauté the onion and garlic in a small amount of water until the onion begins to soften and caramelize, about 8 minutes. Add the collards, vinegar, maple syrup, paprika, salt, and pepper and sauté for 3 to 5 minutes, just until wilted and bright green. Serve warm.

### *FROM THE FARMER*

The warm, humid weather of late really puts the plants in over drive. After the summer solstice, plants grow incredibly fast, tapping into their natural instinct to produce viable seed before the inevitable frost. We have been watching a late crop of broccoli, that tripled in size between Friday and Monday. We're putting it in your shares this week, for fear of it bolting if we don't go ahead with harvest. Broccoli this time of year is a challenge, and we expect the flavor to be "complex". We recommend roasting, and hope you're enjoying all the flavors of the season!