

FARMLOG

CSA | FARM NEWS | RECIPES

WEEK 15

SHARE CONTENTS

SAVOY CABBAGE

SLICING TOMATOES

CANDY ONIONS

CUCUMBERS

GARLIC

GREEN BELL PEPPER

CHERRY TOMATOES (REGULAR SIZE
SHARES ONLY)

CONTACT INFORMATION

eat@lazeightstockfarm.com

Bryce - 859-661-1501

Carla - 859-200-4831

This week's share has a newcomer - savoy cabbage, which can be easily and quickly prepared for tonight's dinner. I suggest adding a bit of sesame oil along with the olive oil. Add a bit of chopped onion and red pepper to give the dish a bit more spice. This is a low-calorie, but very satisfying way to prepare any type of cabbage.

INGREDIENTS

1 head savoy cabbage (about 1 1/2 lbs) or 1 head Chinese cabbage, cored, shredded across in approx 3/4-inch slices (about 1 1/2 lbs)

2 tablespoons lite olive oil or 2 tablespoons other oil

1 tablespoon minced garlic

salt & pepper

1 1/4 tablespoons ginger, minced

Juice of one lime

DIRECTIONS

Heat wok or large skillet medium high heat, wait until oil is hot.

Add cabbage and stir fry until cabbage just starts to wilt (do not overcook).

Add garlic, salt and pepper cook 1 minute.

Add ginger cook 1 minute.

Drizzle with lime juice and serve.

Thanks to Judy Ridings and Joe King for sharing recipes and beautiful photos of squash and zucchini dishes. We'll be including their recipes when the squashes show back up in your CSA box.

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Armchair Travels

I hope all of you have had long and leisurely vacations and enjoyed the summer. One of my favorite ways to travel during the summer when we have to stay close to the farm is to read about food, travel, and cooking. I am happily breezing through food memoirs and cookbooks. I just finished Frances Mayes' book, [Every Day in Tuscany](#), and am looking forward to starting [Lunch in Paris: A Love Story, with Recipes](#) by Elizabeth Bard. For those who have been in our CSA before, you may recall my recommending Karen Le Billon's book [French Kids Eat Everything: How Our Family Moved to France, Cured Picky Eating, Banned Snacking, and Discovered 10 Simple Rules for Raising Happy, Healthy Eaters](#). It's an excellent resource for parents and grandparents who want to see the little ones enjoy home-cooked meals around the kitchen table.