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WEEK 11

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By the 4th of July, summer seems to be waning for some. The days are already noticeably shorter and thoughts are turning to school. However, the farm gardens are just getting into their summer stride. So, we welcome our new CSA members who are joining for the 20-week late season this week. While you may have missed out on the early crops like spinach and strawberries, many of the veggies that show up in the early season will have an encore in the fall. (The late season goes through the week before Thanksgiving. The early season ends the week of Labor Day.)

Expect to see cucumbers, peppers, and cabbage in the next couple of weeks. For those of you (like me) who don't think you've had a garden until you have green beans, we will have them later in the season. Because we planted the potatoes a bit later than in previous years, we have inadvertently missed the onslaught of potato bugs that come with earlier plantings.

This is the second time that you are having kohlrabi in your CSA share. Here's an idea for a mild slaw that you can make using this unique vegetable.

KOHLRABI SLAW

- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 2 tablespoons olive oil
- 1 shallot (thinly sliced)
- 2 bulbs kohlrabi (bulbs peeled and grated, leaves thinly sliced)
- 1 granny smith apple (cored and grated)
- 2 tablespoons roughly chopped parsley
- kosher salt and freshly ground black pepper

Whisk together the cider vinegar, Dijon and olive oil. Season with salt and pepper then add the sliced shallots. Mix to

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combine then let the shallots sit in the vinaigrette for 5 minutes. After 5 minutes, mix in remaining ingredients. Season with salt and pepper and serve.

Ideas for Yellow Squash and Zucchini

Last night we were talking about the potential challenge that some of you might be having related to using the yellow squash and zucchini. Hailey Fetherolf, one of our farm crew, suggested vegetable lasagna. Using your favorite recipe that includes meat, substitute the meat with yellow squash and zucchini along with roasted red peppers. You can also include mushrooms, spinach or carrots. Just remember not to overcook the squash and zucchini – you want them tender, not mushy.

Now that grilling season is in full force, think about grilling your veggies. Or, wrap sliced squash, zucchini, and onions in aluminum foil along with a bit of olive oil or butter and put on the grill.

For the benefit of our newest members, we suggest that you make the massaged kale salad with your CSA share of kale. This recipe is so versatile and always a favorite with our family and friends.

Here are the ingredients: 1 good-size bunch kale, washed and dried, olive oil or other healthy vegetable oil, as needed, $\frac{2}{3}$ cup dried cranberries, $\frac{1}{2}$ cup crushed toasted cashews, or pumpkin seeds, $\frac{1}{2}$ cup mayonnaise and 1 to 2 tablespoons lemon juice, to taste.

Strip the kale leaves off the stems. Cut into ribbons and place in a large bowl. With a little olive oil rubbed into your palms, massage the kale for a minute or so, until it becomes bright green and softens a bit. Stir in the remaining ingredients and serve at room temperature. Try adding toasted homemade croutons, blueberries, or mandarin oranges.