

# FARMLOG

CSA | FARM NEWS | RECIPES

## WEEK 9

### SHARE CONTENTS

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CHERRY TOMATOES

FRESH GARLIC

RED ONION

SLICING TOMATOES

ZUCCHINI

LACINATO KALE

YELLOW SQUASH

COLLARD GREENS

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THE FARM CREW L to R; Shelby, Hailey, Susan, Jessica, Lothar, Melissa, Laurie, Bryce, Carla - JUNE 2017

Thanks to Judy Ridings for sharing gorgeous pictures of the yellow squash soup that she made using the following recipe from the cookbook [Mina Stone Cooking for Artists](#). Too bad our strawberry season has ended, but I'm eager to try this one.

### *Yellow Squash Soup with Cured Strawberries*

**Ingredients:** 2 Tbsp. olive oil, ½ cup chopped onion, 2 pounds yellow squash, coarsely chopped, 1 ½ tsps. fresh thyme leaves, 2 cups vegetable stock, ½ cup sour cream, 2 tsps. Salt, and freshly cracked black pepper. Heat the olive oil in a large skillet over medium heat. Add onion and cook until translucent, about 2 minutes. Add the yellow squash and thyme and sauté for 3 minutes. Add the vegetable stock and bring to a boil. Simmer for 10 minutes, or until the squash is soft all the way through. Take off the heat and let cool for a

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few minutes.

Transfer the soup to a blender, add the sour cream and salt, and puree on high until very smooth, about 2 minutes. Check the consistency; if the soup is a little gritty, strain it through a fine-mesh sieve. Chill in the fridge for at least 2 hours, or as long as overnight.

About an hour before serving, make the strawberries. Slice one pound into 1/4-inch-thick slices and place in a glass bowl. Sprinkle with ½ tsp. kosher salt and ½ tsp. sugar. Toss gently with your fingers – making sure not to crush them. Let them cure for an hour at room temperature – no longer, or they will get too soft.

To serve, ladle the chilled soup into bowls. Top each one with a few cured strawberries. Crack some fresh black pepper over the top and serve immediately.

### ***Massaged Kale Salad***

Give this recipe a try and persuade those who are not yet convinced that kale is in their eating futures. We have had numerous “testimonies” over the past couple of years from kale converts after eating this salad (credit: recipe comes from the Food Network site, but you can find numerous examples if you are interested in looking further).

Ingredients: 1 bunch kale (stalks removed and discarded with leaves thinly sliced), 1 lemon, juiced, ¼ cup extra-virgin olive oil, plus extra for drizzling, kosher salt, 2 teaspoons honey, freshly ground black pepper, 1 mango, diced small (about 1 cup) OR tomatoes (the yellow ones are especially nice in this salad), and a small handful of toasted sesame seeds, pine nuts, or toasted pecans.

Directions: In a large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage with your hands (don't be timid!) until the kale starts to soften and wilt, 2 to 3 minutes. You will see it brighten up in color and dramatically change in texture as well. Set aside while you make the dressing.

Dressing: In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the ¼ cup of oil while whisking until a dressing forms, and you like how it tastes. Pour the dressing over the kale, and add the mangoes, tomatoes, and nuts.