

FARMLOG

CSA | FARM NEWS | RECIPES

WEEK OF MAY 9TH

SHARE CONTENTS

STRAWBERRIES

ROMAINE HEAD LETTUCE

ASPARAGUS

PEA SHOOT MICROGREENS

RED RADISHES

CONTACT INFORMATION

eat@lazyeightstockfarm.com

Bryce - 859-661-1501

Carla - 859-200-4831

Exercise in futility?

Early harvest is the pinnacle for home gardeners and farmers alike. It somehow signifies beating the odds, and figuring out the “secret” of the earliest harvest. In late spring, we always hold our breathe, hoping we don’t get a late frost. Our farm lies along the Paint Lick Creek, and the low bottom fields are the settling spot for the more dense cold night air, increasing the likelihood for frost and freezing temperatures. Reaching the early harvest means we have to take big risks on certain crops, knowing they may not make it to harvest. When we see a forecast of clear skies and 40 degrees at night, we start to get nervous! This sets us into action to determine what we are going to try to save.

This weekend we buttoned up the high tunnels where our tomatoes are planted, pulled out the frost blankets to cover three large plantings over summer squash and zucchini, and left an early planting of sweet corn to fend for itself. Our asparagus field is over an acre, so there was no practical way to cover the crop. Every time we do this work, as we are tugging the heavy blankets around the fields someone will say, “I bet it won’t even frost!” The weather proved us wrong this time, and although we lost a few harvests of asparagus, the uncovered sweet corn seems like it will recover from the frost damage.

Now, we just need to work up some courage to plant our peppers!

-Bryce

COOKING WITH YOUR CSA SHARE

RECIPES ON THE REVERSE SIDE...

CONTACT INFORMATION

eat@lazyeightstockfarm.com

Bryce - 859-661-1501

Carla - 859-200-4831

SALAD IN A JAR RECIPE

- Sliced strawberries
- Cooked Quinoa
- Sunflower Seeds
- Sliced Green Onions
- Crumbled Feta
- Romaine or spinach or salad greens of choice

Start by putting about two tablespoons of vinaigrette in bottom of wide-mouthed quart canning jar. Follow with sliced strawberries next and continue adding ingredients in the order listed above.

STRAWBERRY-LIME VINAIGRETTE

- 2 tablespoons extra virgin olive oil
- 2 teaspoons strawberry preserves
- 1 tablespoons fresh lime juice
- 1 teaspoon mustard
- 1 tablespoon white wine vinegar
- Salt and pepper, to taste

Combine all ingredients in a jar with a tight-fitting lid. Close and shake until emulsified. Makes about four tablespoons of dressing (enough for two-pint-sized jars).

Making the salad ahead of time gives the items time to marinate and soak up the dressing. So, putting the dressing near the quinoa will allow it to suck up the yumminess as the jar sits in the fridge.

Be sure to jam-pack the jar so that you have lots of veggies while also keeping things from shifting around too much in the jar. When ready to eat, just shake the jar and eat directly from the jar. Or, dump the ingredients into a serving bowl or plate.

Keeping your kitchen stocked with protein sources makes it easy to quickly put together salads in jars. Boiled eggs, nuts, hard cheeses, grains, tofu, and beans make tasty additions to salads while providing a nice variety of complements to your spring greens.

-Carla