

FARMLOG

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WEEK 28

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CONTACT INFORMATION

eat@lazeightstockfarm.com

Bryce - 859-661-1501

Carla - 859-200-4831

One of our favorite ways to eat sweet potatoes is as fries. Forget the grease and deep fryer. Just wash, cut thinly, and pop into the oven. This recipe uses garlic powder and paprika, but Jack and Molly are happy with simply adding salt. A few tips for making them crisper include using a baking stone, soaking slices in water for a couple of hours prior to baking (be sure to pat dry well), baking them on parchment paper, and/or putting them on a pre-heated baking sheet.

Sweet Potato Fries

Ingredients

2 pounds sweet potatoes, peeled (or not), 2 tablespoons olive oil, 1 teaspoon garlic powder, 1 teaspoon paprika, 1 teaspoon salt, ½ teaspoon black pepper

Preparation

Heat the oven to 400. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil. Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.

Pan-Fried Onion Dip

Here's a recipe for your onions that might be a crowd-pleaser as the celebrations kick into gear this fall. I have never been disappointed with any of Ina Garten's recipes (Barefoot Contessa). I hope you enjoy this one as well.

Ingredients

2 large yellow onions (or the equivalent), 4 tablespoons unsalted butter, ¼ teaspoon ground cayenne pepper, 1 teaspoon kosher salt, ½ teaspoon freshly ground black pepper, 4 ounces cream cheese, at room temperature, ½ sour cream, ½ cup good mayonnaise

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Preparation

Cut the onions in half and then slice them into 1/8-inch thick half-rounds. (You will have about 3 cups of onions). Heat the butter and oil in a large sauté pan over medium heat. Add the onions, cayenne, salt, and pepper and sauté for 10 minutes. Reduce the heat to medium-low and cook, stirring occasionally, for 20 more minutes until the onions are browned and caramelized. Allow the onions to cool.

Place the cream cheese, sour cream and mayonnaise in the bowl of an electric mixer fitted with the paddle attachment and beat until smooth. Add the onions and mix well. Taste for seasonings. Serve at room temperature.

Here's a recipe for a hearty potato and kale casserole from Barbara Damrosch's and husband Eliot Coleman's book [The Four Season Farm Gardener's Cookbook](#). The pair has a nationally recognized organic farm in Harborside, Maine called Four Season Farm. For anyone looking to start gardening, no matter the scale, these two share their wealth of knowledge in several easy to read books (with lots of helpful pictures). In this one, Damrosch provides an array of easy, seasonal recipes for the beautiful vegetables they grow on their farm.

Potato and Kale Casserole

Ingredients

8 small potatoes (any type, about 4 cups, thinly sliced), freshly ground black pepper, 5 ounces feta cheese, chopped or crumbled, 1 1/2 cups heavy (whipping) cream, 10 scallions (white and green parts), chopped (about 2/3 cup), 12 sprigs flat-leaf parsley (leaves and upper stems), coarsely chopped (about 1/2 packed cup), 8 small to medium-size kale leaves, ribs removed, leaves coarsely chopped (about 1 1/4 loosely packed cups), 3 ounces Parmesan cheese, preferably Parmigiano-Reggiano, finely grated (1/3 cup)

Preparation

Preheat oven to 400 degrees F. Spread half the potatoes over the bottom of a 9 by 13-inch baking dish, overlapping them. Grind pepper over them generously. Distribute half of the feta over the potatoes. Slowly pour 3/4 cup of the cream over the top. Sprinkle with half of the scallions, half of the parsley, and half of the kale. Repeat the layers; the rest of the potatoes, a grinding of pepper, and the rest of the feta, cream scallions, parsley, and kale. Sprinkle the Parmesan cheese uniformly over the top. Cover the baking dish loosely with aluminum foil or parchment paper (so steam can escape), and bake for 30 minutes. Remove the foil and bake until the Parmesan is lightly browned and most of the cream has been absorbed and does not run into a corner when the dish is tilted, 5 to 10 minutes. Let the dish cool for 5 minutes before serving. You can also make this with sharp Cheddar and/or Gruyere.