

# FARMLOG

CSA | FARM NEWS | RECIPES

## WEEK 21

### SHARE CONTENTS

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SPAGHETTI SQUASH

AUSTRIAN WINTER PEA  
MICROGREENS

GREEN TOMATOES

ZUCCHINI

GOLD RUSH RUSSETT POTATOES

SIERRA BLANCA WHITE ONIONS

GREEN & RED BELL PEPPERS

ITALIAN FLAT BEANS

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In spite of the unbelievably beautiful weekend, we found ourselves being preoccupied with Hurricane Irma's trek through Florida. With family and friends scattered across Florida's south, west, and east coasts, our habit of following the local weather radar extended to those vulnerable regions. As the storm moves northward and folks begin to assess the impact, we are particularly sensitive to the farming community.

Here's a FB post from Worden Farm, an organic farm near St. Petersburg with a CSA. "Hurricane prep... moving transplant trays from the greenhouse into the protection of every available barn and indoor space on the farm. After the storm, come what may, we will be ready to keep on planting. #hurricaneirma #florida #farm."

As many of you know, we experienced a weather challenge last spring that forced us to hit the pause button for a few weeks. The understanding and empathy that our CSA members extended to us was unbelievable. So, while I know the CSA farmers in Florida and Texas are reeling from the impact, I am also certain that the farmers are being bolstered by the relationships and support from their CSA community.

### *Grilling Your Share*

In the face of storm-related power outages, many folks crank up their grills. Thankfully, we are not faced with that particular dilemma. But, maybe you need some inspiration for what to do with your CSA share this week. Here's a brief primer for grilling veggies in aluminum foil. Whether on the grill or in the oven, I hope you enjoy the ease of preparation and the merging of flavors that brings you to the table and "hits the spot".

These instructions come from the Food Network website. There are lots of ideas on their site; hope it whets your appetite to experiment with a variety of veggies, meats, and even nuts. Everything in this week's share can be slipped into

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the foil and will get along very nicely with each other.

How to make a foil packet:

1. Lay a large sheet of heavy-duty foil or a double layer of regular foil on a flat surface. (Use nonstick foil where noted.)
2. Put the ingredients in the center of the foil. Bring the short ends of the foil together and fold twice to seal; fold in the sides to seal, leaving room for steam. Grill as directed. (Each recipe serves 2 to 4.)
3. If using your kitchen oven, set temperature at 350 degrees and allow an hour for grilling.

**Zucchini and Tomatoes:** Toss 2 sliced zucchini, 2 diced tomatoes, 4 smashed garlic cloves, olive oil, basil, and salt and pepper on a sheet of foil. Form a packet. Grill over high heat, 10 minutes. Top with grated Parmesan.

**Ravioli with Zucchini:** Make “Zucchini and Tomatoes”, dividing the ingredients between 2 sheets of foil. Top each with 4 ounces frozen cheese ravioli and form a packet. Grill over medium-high heat, 12 minutes.

**Chorizo and Peppers:** Toss 1/2 cup sliced dried chorizo, 2 sliced bell peppers, 1 sliced onion, 2 tablespoons olive oil, and salt and pepper on a sheet of foil. Form a packet. Grill over high heat, turning a few times, 10 minutes.

**Potato Gratin:** Toss 2 thinly sliced peeled potatoes, 1/4 cup grated Parmesan, 2 tablespoons melted butter, and salt and pepper in a bowl. Arrange in 4 to 5 layers on a sheet of nonstick foil. Drizzle with 1/4 cup cream and form a packet. Grill over medium heat, 25 minutes.

### *Microgreens*

For our new CSA members, the plastic bag contains pea shoot microgreens which taste just like peas. Rinse them and eat them as a salad, or as a topping for sandwiches. They are best if used within 48 hours of receiving them.