

FARMLOG

CSA | FARM NEWS | RECIPES

WEEK 20

SHARE CONTENTS

BUTTERNUT SQUASH

ZUCCHINI

KING HARRY POTATOES

TOMATO (REGULAR SHARES ONLY)

RED ONIONS

ITALIAN FLAT BEANS

GREEN & RED BELL PEPPERS

OKRA

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Happy Labor Day!

The almost-full moon shone brightly last night on the farm, so hoping for a sunny and pleasant last summer holiday. Food writer Sam Sifton says “This is it. The end of the session. Summer isn’t going to be taking anymore questions”. It does take on a different feel after Labor Day, but hoping that each of you can enjoy the coming bounty and pace of fall. This is the week where our paths part as some of you are ending your 20 week CSA season. We are deeply grateful for your being a part of our 2017 farm season and look forward to reconnecting as a new season rolls around.

Peppers are still coming on strong. So, below is a recipe that can be prepared and frozen for later. You also have a butternut squash in this week’s share. This squash will keep well through the fall and winter if stored in a cool, dry room. It’s one of the most versatile squashes with a sweet, dense, creamy flesh.

Stuffed Peppers

The recipe below is from the old stand-by, Betty Crocker’s Cookbook. It’s the cookbook I used the first time I made a Boston Cream Pie. My sister and I thought we had created an elegant dessert and were pretty pleased with the outcome. As a child, my mother and grandmothers rarely used recipes, especially for vegetables. But, I do recall using a recipe for special desserts and main dishes like the following one for stuffed green peppers. As always, adding a handful of herbs from your kitchen herb pots like oregano, thyme, parsley, marjoram or sage will make it an even tastier dish of your own making.

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INGREDIENTS

6 large green peppers

5 cups boiling salted water

1 pound ground beef - substitute with black beans or cannellini beans

2 tablespoons chopped onion

1 teaspoon salt

1 tablespoon chopped garlic

1 cup cooked rice

1 can (15 ounces) tomato sauce

Heat oven to 350 degrees. Cut thin slice from stem end of each pepper. Remove all seeds and membranes. Wash inside and outside. Cook peppers in the boiling salted water 5 minutes, drain.

Cook and stir ground beef, onion, and garlic in medium skillet until onion and garlic are tender. Drain off fat. Stir in salt, rice, and 1 cup of tomato sauce. Heat through.

Lightly stuff each pepper with $\frac{1}{2}$ cup meat mixture. Stand peppers upright in ungreased baking dish, 8x8x2 inches. Pour remaining tomato sauce over peppers. Cover; bake 45 minutes. Uncover; bake 15 minutes longer.

Roasted Butternut Squash

You can roast the squash whole, cut in half, or cut into pieces. To roast whole, wash and place on cookie sheet or in casserole dish. I usually add a bit of water to the baking sheet. Poke a few random wholes in the flesh and bake at 425 degrees until it begins to soften. Alternately, cut in half, scoop out the seeds, and roast, cut-side down as above. Or, cut the squash into 1-inch cubes, peel, and toss with olive oil, salt, and freshly ground black pepper. Spread in a single layer on one or two baking sheets. Roast at 425 degrees and stir about halfway through. It will take about 20 to 35 minutes to evenly brown and become tender. Instead of pepper and salt, one can use a bit of honey, ground cinnamon and/or a pinch of nutmeg.