

Recipes

CREAMY CUCUMBER SALAD

Adapted from [Ahead of Thyme](#)

2 cucumbers, sliced into ¼-inch slices (about 7 cups)
½ red onion, sliced
½ cup sour cream
3 tablespoons mayonnaise
¼ cup fresh dill, chopped
1 tablespoon white vinegar
½ teaspoon salt
¼ teaspoon ground black pepper

In a large serving plate, toss to combine cucumbers and red onion.

In a medium bowl, combine sour cream, mayonnaise, dill, white vinegar, salt, and pepper. Whisk until smooth.

Add dressing to the cucumber and red onions, and toss to combine.

Refrigerate for one hour to help the flavours infuse, then serve.

PESTO POTATO SALAD

Adapted from [The Original Dish](#)

1 cup packed basil leaves	2 lbs potatoes, halved or quartered
1 small handful chives	olive oil
2 garlic cloves, chopped	kosher salt
⅓ cup toasted pine nuts	freshly cracked black pepper
⅓ cup grated parmesan cheese	2 shallots, thinly sliced
½ tsp lemon zest	2 cups packed greens
2 tbsp lemon juice	6 radishes, thinly sliced
1 tbsp honey	
¾ cup extra virgin olive oil	

Preheat the oven to 425°F. Add the potatoes to a half sheet pan. Drizzle generously with olive oil and season with salt and pepper. Toss to coat. Spread the potatoes into one even layer, cut-side down. Roast for 15 minutes.

Arrange shallots over the potatoes. Continue to roast for 25 more minutes, or until the potatoes are golden brown and tender. Let cool on the sheet pan for 10 minutes before tossing the salad.

Add the greens and radishes to a large salad bowl.

For the pesto, combine the basil, chives, garlic, pine nuts, parmesan, lemon zest, lemon juice, and honey in a food processor. Pulse until finely chopped. Transfer this mixture to a bowl. Stir in the olive oil. Season with salt and black pepper to taste.

Add the potatoes and onions to the salad bowl. Add enough pesto to your liking, tossing to combine, and reserve any extra for another use.

Serve the potato salad warm or at room temperature.



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Log in to your CSA account online to find a customized list, photos and descriptions for your share.

Farm Share Storage & Use Tips:

- **Cucumber:** Put cucumbers in a sealed plastic bag in the crisper drawer of the refrigerator for up to a week. Keep them far away from tomatoes, apples and citrus, which accelerate their deterioration.
- **Fennel:** Cut off the stalks where they emerge from the bulb, and if you want to use the feathery foliage as an herb, place the dry stalks upright in a glass filled with two inches of water. The unwashed bulb may be kept in a plastic bag in the refrigerator drawer for 2 weeks.
- **Green Beans:** Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.
- **Leafy greens (lettuce mix, bok choy, tatsoi etc.):** Store in your fridge in perforated plastic bags.
- **New Potatoes:** New potatoes are freshly dug and not yet cured. These should be stored in the refrigerator in a paper or perforated plastic bag.
- **Zucchini:** Store squash unwashed in a perforated plastic bag in the vegetable bin. They keep for about a week and a half.

Hot, Dry Weather

Kentucky is the northernmost Southern state, the southernmost Midwestern state, and the westernmost mid-Atlantic state. Which means we get briefer periods of draughty summer heat and humidity than do the Georgians and Mississippians, usually quicker hitting polar vortexes than Wisconsinians, and additionally more variability than the Carolinians, who are buffered by the spine of the Appalachians. Some summers seem to be moderate in nature, others more volatile, others find a groove of hot-humid-chance-of-rain but never a pattern. You all know that I do not speak of normal or typical weather any longer, much less patterns, as we cannot predict. Instead, I will keep this story grounded and look at how we deal with the hand we are given.

Obviously, the stretch of temperatures in the upper 90s was the prompt of this week's topic, and we want to let you know how your crops are fairing under these conditions. Some crops like tomatoes love this weather, provided they are not thirsty. Deep consistent watering is the key. We trickle irrigate under the plastic mulch on a schedule to keep the soil moist. If you have tomatoes at home, mulch with something, anything, to conserve soil moisture and keep the sun from baking the root zone. If you see a rotten spot on the blossom end as it ripens, that is an indicator of inconsistent soil moisture. The same thing can happen with peppers and eggplants.

Squashes like hot weather, but this is dang hot, making the plants wilted during the day. Wilted means the plant cannot translocate water from the roots to the outer leaves fast enough. Much like people, plants move water out the little holes in the leaves, stomates, to keep the tissue cool, not just exchange nutrients. Insects, and diseases they bring with them, can cause an entire plant to wilt down in a matter of days. If you see this, rogue it out to disrupt the insect's lifecycle. The less sporulation of molds and mildews, the better.

Green beans are okay with heat, again if they have enough water for the plant to stay cool and fill out the juicy bean pod. When it's this hot and dry, corn silks dry out before the pollen can get in, and there is no man-made fix for this situation. I love sweet corn and will enjoy what we get. If we lose some to the heat it will be sad, but we have lots of other crops for you to eat.

Crops like sweet corn and beans are grown in tilled soil making them not good candidates for trickle irrigation systems, so John has a huge irrigation gun that tracks across the field watering a swath about 120 feet wide. It is something of a rescue tool and he doesn't use it every year, but it is invaluable when he does need it. He can adjust the speed it moves and flow rate through the nozzle, where a timely application of an inch or two of water can "make" a crop, that otherwise would not make it. Whether a crop is under trickle irrigation or overhead watered, there is still nothing better than a good soaking natural rain.

The leafy greens like lettuce, kale, and arugula are set up on micro-sprinklers that run several times a day to keep the leaves moist and cool in addition to the cooling effect of a moist root zone. These greens beds also have insect netting suspended over the rows which buffers the blazing rays of sun. Even with this level of soil moisture control, spinach will not germinate in these hot conditions.

Let us not overlook the pastures. Our native grasses are considered cool-season types and the clovers are warm-season lovers. While we plan on grazing our livestock for all their nutritional needs all summer, the palatability and digestibility goes down in the heat, so the plan is to make plenty available for them to choose from. Weeds are not considered a nuisance in a pasture since many of them find moisture to grow, thrive in hot weather, and are nutritious. If the hot dry pattern persists, hay fields can be grazed, if there is already enough hay put up for winter.

These days, John has a lot of hay getting baled for winter and the irrigation pump is running non-stop to the vegetable crops on a schedule of constant rotation. Several years ago, we had twice our average annual rainfall, drowning our crops and demoralizing us. In 2005 it was so dry that Hurricanes Katrina and Rita were the only rains we saw that year. One year in the '90s it rained almost every day until the fourth of July, then not another drop until winter. The next year was the opposite. In '83 it never rained. Period. Ponds, wells, and springs dried up. One season with cool summer temperatures, it never hit the 90-degree mark; the greens were happy, and the tomatoes were not.

Nobody knows what weather pattern we will find ourselves dealing with the rest of this growing season, but we will take it in stride, as will you. As Elmwood shareholders you have embarked on this year's journey with us. We have found that when there is less of one thing, there is usually more of another. We will do the best we can with what Mother Nature sends our way, and it feels good to be in this together. Thanks for your support. -Mac