

## Recipes

### GRILLED OKRA-AND-TOMATO SALAD

Adapted from [Southern Living](#)

|                                    |                                              |
|------------------------------------|----------------------------------------------|
| ¼ cup unsalted butter              | 1 eggplant, sliced into ½-inch-thick rounds  |
| ¼ cup olive oil                    | 6 ounces okra, halved lengthwise             |
| 4 garlic cloves, grated            | 1 small red onion, cut into ½-inch wedges    |
| 2 anchovies, finely chopped        | 2 teaspoons sherry vinegar                   |
| 1 ¼ teaspoons kosher salt, divided | 2 pounds tomatoes, cut into wedges or halved |
| ¾ teaspoon black pepper, divided   | Basil and shaved radishes, for serving       |

Cook butter, oil, garlic, anchovies, ½ teaspoon of the salt, and ¼ teaspoon of the pepper in a saucepan over medium-low, stirring often, until butter is melted and anchovies have mostly dissolved, 4 to 6 minutes. Set butter mixture aside.

Preheat a grill to medium-high (400°F to 450°F). Toss eggplant, okra, onion, 2 tablespoons butter mixture, ½ teaspoon of the salt, and ¼ teaspoon of the pepper in a large bowl. Place seasoned vegetables on oiled grates. Grill, turning occasionally, until lightly charred and tender, 3 to 5 minutes for okra, 8 to 12 minutes for eggplant, and 14 to 18 minutes for onions.

Add sherry vinegar to butter mixture, whisking to combine. Arrange tomatoes, eggplant, okra, and onions on a serving platter. Sprinkle with remaining ¼ teaspoon salt and pepper. Drizzle with butter mixture. Garnish with basil and radishes.

### EASY BERRY COMPOTE

Adapted from [Cookie & Kate](#)

|                                                  |
|--------------------------------------------------|
| 1 pound (16 ounces) fresh berries of your choice |
| ¼ teaspoon lemon or orange zest                  |
| 2 tablespoons honey or maple syrup               |
| Dash of salt                                     |
| Vanilla ice cream, for serving                   |

In a medium saucepan, combine your berry of choice, lemon or orange zest, sweetener of choice and dash of salt. Bring the mixture to a boil over medium-high heat, stirring occasionally. This will take about 5 minutes.

Once boiling, reduce the heat to medium. If you're using chunky fruit or prefer a smoother consistency, mash the fruit with a potato masher or serving fork until it reaches your desired consistency. Continue simmering, stirring often, until the compote has condensed to about half of its original volume, about 5 minutes.

Remove the compote from the heat. If the compote isn't sweet enough for your liking, you can stir in a more sweetener, to taste. If you'd like it to be more smooth, mash it some more. Serve over vanilla ice cream for the perfect summer treat!



## CSA News

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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:

- **Berries (Blackberries & Raspberries):** Store in the fridge in a single layer on a shallow tray covered with a paper towel. Wash them just prior to use.
- **Eggplant:** Wrap unwashed eggplant in a paper towel (not plastic) to absorb any moisture, and keep it in the veggie drawer of your refrigerator. Use within a week.
- **Okra:** Keep okra in a paper bag in the fridge. It will store for at least a week. A small bit of black streaking is normal.
- **Spaghetti Squash:** Store in a cool, dry, dark place. Under the best conditions, they should keep for 3-4 months. They get sweeter in storage as the starch converts to sugar. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.
- **Watermelons:** These personal-sized watermelons are the seeded Sugar Baby variety. Note: These melons do have seeds as seedless melon seed is nearly impossible to find organically grown!

## A Quick Looksee

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On Tuesday, I was glad to safely be off the highway back on the farm with my gooseneck trailer in tow. I saw a CSA shareholder just behind follow me in the driveway. At that moment, I was seeing the farm through her eyes, not just all the things I normally see that need doing. For those of you who do not see your farm on a weekly basis, here is what you would have seen last week.

Hopefully our new-ish logo farm sign caught your eye before you turned in situated among the native wildflower landscaping on either side of the entrance. It seems that some of these plants have played out and are better suited for open fields. Oh well, a native planting seemed like a good idea at the time, and the pollinators love 'em. It's somewhere on my list to tame that area down a bit.

After you cross the cattle guard, two ram sheep are usually chewing their cud under the shade trees on the left, patiently awaiting the need for their services.

The sheep barn looks well-used on the right because it is. It is the hub of all things sheep, turkeys, chickens, peacocks, and we keep poultry feed here. Proceed slowly to allow time to take it all in—remember my previous newsletter stories about a lot going on—and to be sure no one is loose and running around in the road. Last Tuesday our CSA member had to wait for me to back the trailer up to the barn for unloading and cleaning.

Back on the drive heading north, the turkey houses will be somewhere on your right, as they move every week around the pasture. The barn you pass close by on your left was aptly named the “stuff” barn by my nephew when he was about 3 years old. Lots of stuff has come and gone in the decade since, but it is the home of irrigation hoses and fittings, necessary-but-seldom-used equipment, pallets, a boat, and all kinds of stuff.

The laying hen houses come into view on the left when you get past the barn, again found in a different spot each week. Right now, the thistle patches that suckered out after a timely mowing in June need mowing again before any flowers go to seed. We should get that done this week. On the right is the heirloom white Hickory King milling corn John grows. It's a good ten-feet tall and tasseling this week. The million-dollar rain last weekend should foster good pollination of the ears that will be well over a foot long.

Turning west at the “T” in the roadway, the rolls of alfalfa hay dot the ten-acre field that was in vegetables last year, hay this summer. As you go up the rise, the rows of blackberries and raspberries are on your left. The big clusters of berries on each blackberry stem ripen over a few weeks' time, meaning the harvest crew must cover all the rows daily picking only those with plump juicy drupelets. Daily harvesting is what makes the flavor so good, but also makes the raspberries so, so delicate. They don't keep anytime either.

The portable classroom “schoolhouse” on the right came to us from our local Catholic church as they revamped their school campus. It affords us some much-needed climate-controlled storage on one half and seasonal housing for part of our harvest team on the other side. The interior renovations are complete, and Peter is getting the skirting put up now. Landscaping is planned for the fall.

By now, you are at “the barn” or “the shed”, depending on the context of the conversation and with whom is in the conversation. We tell nervous delivery drivers it's “the black building with all the cars and trucks and trailers around it” and to look for the three-foot-tall entrance sign painted on the side. The shed, short for packing shed is where all produce preparation, cooling, and packing takes place. The CSA pick-up on Tuesdays is currently a self-serve share retrieval system in the covered picnic area. We also use the area to enjoy a delicious daily lunch prepared by Farm Chef Eileen or Farm Chef Sarah.

As you leave this area to go out the other gate, more employee houses are on the left behind the white pine trees and an open pasture with magnificent trees is on the right. Sometimes the cow herd can be spotted here, but they never stay anywhere more than a few days at a time, always rotationally grazing in a series of planned moves. Winding on around the gravel drive the high tunnels and greenhouses are on the left. These days there are flats of lettuces and fall crops sizing up for transplanting in the coming weeks. Spoiler alert: the days are already noticeably shorter, and first frost is a mere 80 days out.

The big old tobacco barn just past the greenhouses is grand central station for tractors and equipment of all kinds including tillers, mowers, planters, wagons, plows, cultivators, and the like. Turning south back towards the highway you will motor along the historic roadbed that is part of the main drive to the Elmwood Stock Farm historic home, behind you. In history books I have reviewed, this lane is depicted as the same size as what is now US 460. These days, the lane is lined with catalpa, sycamore, oak, and ash trees with a patch work of produce and cover crops behind them.

The beehives are right beside the drive on the crest of the hill, and we are optimistic for more good Elmwood honey again this year. Beekeeper Doug says the bees love all the organic flowers and clover, and we know the vegetables love the bees.

Be careful as you go through the stone entrance as you leave to pull out on the highway, as people drive like crazy these days. We hope you will come on an in-person farm tour to learn more about what you might see out here. In the meantime, I hope you can now visualize from where your food comes! Thanks for your support. —Mac

If you were intrigued by Mac's story, and you'd like to take "a quick looksee" yourself, join us on our next farm tour Saturday, August 6th! To sign up, head over to our website at [ElmwoodStockFarm.com](http://ElmwoodStockFarm.com)