

Recipes

POTATO BACON FRITTATA

Adapted from [Barefoot Contessa](#)

1 tbsp good olive oil	¾ pound Gruyère cheese, grated
2 ounces Elmwood bacon, diced	½ cup whole milk
8 tbsp unsalted butter, divided	Kosher salt and ground black pepper
2 cups unpeeled, ½-inch-diced potatoes	½ cup minced scallions, white & green parts
8 extra-large eggs	1/3 cup all-purpose flour
14 ounces ricotta cheese	¾ tsp baking powder

Preheat the oven to 350 degrees.

Heat the olive oil in a medium cast-iron skillet over medium-low heat, add the bacon, and sauté over medium-low heat for 3 to 5 minutes, until browned. Remove the bacon from the pan with a slotted spoon and set aside.

Discard all but 2 tablespoons of fat in the pan and add 3 tablespoons of the butter. Add the potatoes and fry them for 10 to 12 minutes, until cooked through and lightly browned, turning occasionally. Melt the remaining 5 tablespoons of butter in a small dish in the microwave.

Meanwhile, whisk the eggs in a large bowl, then stir in the ricotta, Gruyère, melted butter, milk, scallions, 2 teaspoons salt, and 1 teaspoon pepper. Combine the flour and baking powder and stir into the egg mixture.

Add the bacon back to the pan and spread the potatoes and bacon out in a single layer. Pour over the egg mixture, smoothing the top. Place the pan in the center of the oven and bake for 50 to 55 minutes, until the frittata is browned and puffed and a knife inserted in the middle comes out clean. Serve hot.

BAKED TOMATOES WITH PARMESAN CHEESE & FRESH HERBS

Adapted from [White on Rice Couple](#)

2 medium ripe tomatoes
2 teaspoons olive oil
salt and pepper to taste
¼ cup freshly grated parmesan cheese
2 Tablespoons fresh thyme or herbs

Pre-Heat oven to 450°F. Cut tomatoes in half, place cut side up.

Drizzle olive oil over tomatoes. Sprinkle with salt and pepper to taste. Add grated parmesan cheese on top to cover the tomato. Then sprinkle fresh chopped herbs or sprigs on top of cheese.

Bake tomatoes for about 10-15 minutes or until cheese has melted and/or when tomatoes are cooked to your preferred texture. We prefer our baked tomatoes rather soft, spreadable over bread. Yum!



CSA News

August 1-7, 2022

Summer CSA Week 11

Volume 19, No. 23



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

Farm Share Storage & Use Tips:

- **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.
- **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.
- **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.
- **Peppers:** Refrigerate peppers unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- **Tomatoes:** Store tomatoes upside down on a plate or cutting board at room temperature. Do not refrigerate tomatoes; cold temperatures deplete their flavor and texture.
- **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.

Season to Season

Leafing through seed catalogs, just past the tasty-looking photos of the vegetables, I usually see a description touting size, or color, or cold/heat tolerance, disease resistance, and for sure a days-to-maturity number. Sweet corn can range from 50 days to the 120s, leafy greens in the 40s, tomato numbers start at day of transplanting, broccolis are probably in the 50s. These numbers are based on ideal growing conditions, which we rarely see, over a three- or four-month growing season. Here's how it is playing out this year.

Homegrown heirloom tomatoes are the rightful queen of home gardens and the commercial produce industry, even worldwide for that matter. Countless songs have been written about homegrown tomatoes, so I will respectfully start with them. Tomato seeds are started indoors in January and February even though they have almost zero frost tolerance. The greenhouse is a goldilocks spot of not too hot, not too cold, not too wet, not too dry—until the tomato plants have several true leaves in preparation for going out into the elements. After transplanting and staking and pruning, in general, the smaller salad tomatoes ripen sooner than the larger slicers, but we are still talking sixty days or better.

We get a head start by putting a few hundred plants of several varieties in the high tunnels which benefit from the buffering of temperature swings compared to the ones transplanted into the field, but it's still overall quite chilly in April, so the protection helps only some. These grafted (for disease resistance) varieties in the high tunnels have less foliar insect and disease pressure in the dry micro-climate, giving us some assurances as we don't know how the season will progress.

The field-grown tomatoes are exposed to vast swings in temperature, heavy rains, and drastic winds. Royalty does not like such inconveniences, causing them to pout for a while until the consistently warmer temperatures perk them back up. Tomatoes like hot weather, although they tend to be sickly in wet weather, which is why we trickle irrigate the roots to keep the foliage dry.

All that being said, this year's tomato crop is now coming into its own. The small cherry and grape size varieties are awesome, and the big slicing heirloom colors are fantastic. Try them all, from the little orange Sungolds and slightly bigger Bumble Bee-types to the funny shaped pinks and blacks and oranges and yellows and stripeys. The red round slicers and the Roma-type paste tomatoes are later in maturity this year, as they are in the late season planting. Frankly, I suggest eating tomatoes every meal as the first frost will be here before you know it, and then they will be gone until next July.

John plants some semi-cold tolerant early season sweet corn varieties usually in mid to late April. These tend to be faster maturing which translates to smaller ears, but hey, we all want that first ear as quick as possible. This year, frost burned the initial growth down to the ground in May. The growing point of corn is below ground, as a survival mechanism for several weeks after germination, so it grew out of it, but never fully recovered.

The plants used up a lot of energy in the regrowth phase, giving the weeds time to creep in, and then the corn ears were trying to pollinate in that first hot spell. It can be hard to watch sometimes when you do everything right, and things still go bad.

The later corn plantings are fighting through hot and dry conditions, and we will know in the next week or so if they are going to make it or not, helped along by recent rain. We learned to keep the raccoons out of the sweet corn years ago with electrified poultry-type netting. Mylar balloons can kinda act as scarecrows, but our new sweet corn nemesis is the coyote. Even the taller turkey netting cannot keep them all out. What's a grower to do?

I'm not sure what date the seed packets said to expect corn way back when John planted it, but it always seems longer than they say. And longer days gives it way more time to be in harm's way.

The early green beans had some issues, and we didn't have enough for everyone, but a later planting should hit soon if not this week. The thing is, the somewhat milder temps and rainfall last weekend slowed them down, compared to if it had stayed hot. Again, I am not sure the seed packets consider the variances in our weather conditions.

Brittany is seeding trays in the greenhouse of fall crops like broccoli and cabbage. I don't care what the packages say about days to harvest on broccoli in Kentucky, but it will not be right. Broccoli is the most finicky crop of all. Too warm, and it will bolt and make a flower crown the size of a tennis ball, too cool this fall and it won't make anything but leaves. Cabbages are pretty much the same way as they don't like much temperature variance during their growth. At least with leafy greens, we can start the harvest when they are big enough, no matter the temperature, and keep on picking until winter's killing freeze occurs. Of course, I'm not sure how many days that is going to be.

Each, and every, season is different, and this one is no exception. When we plant all the things we grow, we are always excited about how tasty the items might be, how much nutrition and flavor they will provide to our members, and we usually always envision perfectly straight, weed-free rows of fully mature, colorful crops. Sometimes it works out and we have those Instagram-quality photographic veggies. And sometimes, it doesn't, and a crop might only give half of what we need. Then we're glad we have a wide diversity of vegetables planted across the farm.

With your commitment to the farm, your financial support, and your CSA partnership, along with your excitement at enjoying really good food, and the kind words you share with our team, we are all revitalized during a long-day-hard-working time of the season! Taking the time to prepare wholesome, organic farm foods is a pretty good thing and knowing we are nourishing you and bringing people together to celebrate KY grown local food is special. We are honored to be your farmers and for Elmwood Stock Farm to be "your CSA farm!" On behalf of everyone, I say "Thank you!"

And a word of advice, don't pay a lot of attention to the days-to-harvest on those seed packs —Mac