

Recipes

STUFFED SQUASH

Adapted from [Immaculate Bites](#)

1 lb. zucchini or summer squash, halved lengthwise	½ lb. ground turkey or beef
2 T. olive oil	1 c. diced tomatoes
½ bunch leeks, white and tender green parts chopped	1 T. chopped fresh herbs
1 tsp. minced garlic	1 T. smoked paprika
	salt and pepper, to taste
	½ cup grated cheese

Scoop out flesh from zucchini or squash, leaving some at the bottom. Reserve flesh, chop, and set aside.

Boil lightly salted water in a pot. Gently place squash in the pot, and boil for 2 to 3 minutes. Using tongs, remove from water, and pat dry. Preheat oven to 350 degrees F.

Heat oil in a medium saucepan. Add leeks and garlic, and cook, stirring, for about 3 minutes. Add ground meat, and brown. Add tomatoes and seasonings. Continue cooking for 3 to 5 minutes. Add back 1 cup of squash flesh. Adjust seasonings to taste. Set aside.

Coat a 9x13" baking dish with oil. Fill each squash half with mixture, sprinkle with cheese, and bake uncovered for 15 to 20 minutes.

QUICK-PICKLED CHERRY TOMATOES

Adapted from [Let's Dish](#)

2 c. apple cider vinegar	½ cup fresh herbs (not basil or cilantro)
2 cups water	4 cloves garlic, minced
¼ cup salt	½ tsp. red pepper flakes
¼ cup sugar	½ tsp. mustard seeds
zest of one lemon	
2 pints cherry tomatoes	

In a saucepan, bring vinegar, water, salt, sugar and lemon zest to a boil. Simmer, stirring, until sugar and salt dissolve. Cool to room temp. Pierce each tomato once or twice. Divide tomatoes, herbs, garlic, red pepper and mustard seeds evenly among sterilized jars. Pour cooled vinegar mixture into jars, leaving 1 inch of space at the top. Cover and refrigerate for up to one month.



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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:

- Fresh Herbs: Stand fresh herbs upright in a container with 1 inch of water. Cover herbs loosely with a plastic bag, and refrigerate for up to 2 weeks. Basil is sensitive to intense cold, so keep basil stems in a glass of water on the kitchen counter.
- Tomatoes:
 - Storage: Store tomatoes upside down on a plate or cutting board at room temperature. Do not refrigerate tomatoes; cold temperatures deplete their flavor and texture.
 - Freezing: Tomatoes can be frozen whole. Skin and core tomatoes, place on a cookie sheet, and freeze. When solid, place the tomatoes in a freezer bag and place the bag back in freezer. Thawed tomatoes are appropriate only for cooking sauces, salsas, or purees.
 - Canning: Home canning allows you to enjoy summer tomatoes year round! We recommend checking out [this publication](#) offered through the University of Kentucky Cooperative Extension Service for step-by-step instructions and several yummy recipes.

Food Footprints

“Food miles” has often been a metric used to inform folks about the value of supporting a local food economy. One’s eating habits have an impact on climate change, and eating local is the single biggest action any one of us can embrace to do our part to stem the tide. It’s what happens on the other end that exponentially extends the impact much, much further.

Tracking back the foods you eat can be an eye-opening exercise, leading you places you may or may not want to go, to the parts of the food system you normally would not be allowed to see. If you take the journey, keep an ear to the ground as to how climate change might be impacted.

Traipsing through the produce section of a big box retailer you will see shelves or bins of all-look-alike veggies on display for whatever your heart fancies for dinner. When one sells, the shelves are re-stocked from cartons in the back and the checkout scanner tells the buying office to get more from the distribution center. The distribution center, which may or may not be in the same state, receives whole truckloads of said item as needed from the wholesaler in the region where the item is grown. In general, most of the produce for most of the year comes from California or the desert southwest on trucks that have hour meters rather than odometers. Have you ever driven from here to Southern California? Three days of hard driving across vast expanses will take a toll on you.

At many locations across the southwest, you will find semi-trucks idling, backed up in rows at loading docks, dwarfed by the expansive washing-sorting-packaging-boxing-cooling facility. I have seen forklifts that pick up twelve pallet sized bins at a time. Growers have harvest crews that pick the exact same crop all day, every day. Only picture-perfect produce is acceptable, so much goes unharvested. These crews move north as the season progresses, then back south as winter comes on. Crews are compensated according to how many cartons per hour they pick, some are paid so much per box.

To take this one step further, the grower runs huge tractors to work the fields, to control pests and weeds, and to apply fertilizers that were trucked into the area. Decommissioned school busses shuttle workers to and fro. Water from the aquifer or man-made aqueducts is pumped on demand to allow everything to grow.

The desert southwest of the US has precious little water supply to sustain itself indefinitely. This comes as little surprise to me since it has been a desert for hundreds of thousands of years before humans decided they could have what little water there is.

It took a long time to construct and fill Lake Meade and Lake Powell. It seems to me that there is not enough time to tap into any other big source of water other than desalination. And they won’t pump enough to slow sea level rise. Ultimately, a big chunk of this nation’s food supply comes from southwest region through a complex supply chain.

Conversely, John’s harvest teams led by Ernesto receive a list each morning of what to harvest, a compilation of the choices you and others in your shareholder group made online the day before. Knives are sharpened, and the clean harvest tubs are loaded into one of several reliable old trucks, or repurposed market vans, for the one-minute ride to the field. Within a couple of hours, the first produce will be cleaned and tucked nicely in the walk-in cooler to chill. By the end of the day, those same items will be placed in a bag with your name on it by the share-making crew—from our hands to yours the next day. More like a supply line than a supply chain.

Were you to venture over to the meat counter, you will find meats labeled as a product of US-Canada-Mexico, which is about as close as they can come to narrowing it down, sometimes it’s all three at once. This does not take into account the far flung synthetically fed fields sown with genetically altered seeds and sprayed with chemical cocktails to grow the grains that feed the animals confined in large numbers in cramped conditions to maximize efficiency. Certainly, no where I want to walk.

These animals, are hauled to massive harvest facilities that break them down into their marketable parts with the by-products going into pet foods. From there, most of the meat is trucked to other huge fabrication facilities to be transformed into retail-ready packaging or sent on for inclusion in other ready-to-eat convenience foods. Only people “on official business” are allowed in such places.

Conversely, we offer tours of how we raise our animals and our meat processor southwest of Danville in Casey County is proud of his little plant, built to the correct specs, and you can see it all in about five minutes. Again, more of a supply line than a convoluted supply chain covering many states or countries.

Here’s how I reflect on these two differing paths food can take. One depends on thousands of computer transactions to complete. Ours a handful, and your order is one of them. One consumes massive amounts of fossil fuels to grow/harvest/package/distribute/deliver. Our produce goes from the field to the shed to you, the animals have a short ride back and forth to Casey County. One contributes to climate change, our is abating it.

Eating local is the single biggest action any one of us can embrace. Thanks for doing your part and for supporting a local farm business.—Mac