

Recipes

PANZANELLA SALAD

Adapted from Foodness Gracious

2 tbsp balsamic vinegar	4 large heirloom tomatoes, cut into chunks
8 tbsp extra virgin olive oil, divided	1 cup cherry tomatoes, halved
1 tbsp toasted almonds chopped	2 tsp kosher salt
2 cloves garlic minced	4-5 good sized handfuls baby arugula
Kosher salt	½ cup Italian parsley chopped
Coarse ground black pepper	½ cup basil chopped
2 cups bread cubed	
1 tsp dried basil	

Combine the balsamic vinegar, 5 tbsp olive oil, almonds, garlic, 1 pinch salt, and 1 pinch pepper in a small bowl and whisk to combine. Set aside.

In a nonstick pan heat the 3 tbsp olive oil and add the bread cubes, dried basil, 1 pinch salt, and 1 pinch pepper.

Toss to coat the bread cubes and toast on low heat until crunchy. Turn off the heat.

Add the tomatoes to a large mixing bowl and season with the salt.

Add the baby arugula, chopped parsley, chopped basil and bread cubes.

Pour the dressing over the salad and toss well to combine all of the ingredients.

Serve on a large platter or salad bowl and garnish with more almonds and basil.

TOMATO JAM

Adapted from NYT Cooking

1½ pounds good ripe tomatoes cored and coarsely chopped
1 cup sugar
2 tbsp freshly squeezed lime juice
1 tbsp fresh grated or minced ginger
1 tsp ground cumin
¼ tsp ground cinnamon
⅛ tsp ground cloves
1 tsp salt
1 jalapeño, stemmed, seeded and minced, or red pepper flakes to taste

Combine all ingredients in a heavy medium saucepan, Bring to a boil over medium heat, stirring often.

Reduce heat and simmer, stirring occasionally, until mixture has consistency of thick jam, about 1 hour 15 minutes. Taste and adjust seasoning, then cool and refrigerate until ready to use; this will keep at least a week.



CSA News

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Summer CSA Week 15

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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:

- Leafy greens: (arugula, lettuce mix, mizuna, etc.): Store in your fridge in perforated plastic bags.
- Onions: Onions may be kept in any cool, dark, dry place with adequate air circulation for several months.
- 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.
- 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.
- Turnips: Remove the greens from the turnips and cook/store as instructed in the next entry. The turnip itself should be stored in a plastic bag in the crisper drawer of your fridge for up to a week.
- Zucchini/Summer Squash: Store squash unwashed in a perforated plastic bag in the vegetable bin. They keep for about a week and a half.

The Joy of Giving

Over the years we have donated our premium organic produce to various causes or events. The stories shared with us by the staff of Glean KY of the folks that receive the produce warms our hearts. Rarely are we there to see who takes home our products, but I remember one instance. While giving a toddler a pint of cherry tomatoes (as they already nabbed a few) I could see the look—are you really going to give me the whole thing—while turning to look at Mom for permission and seeing Mom nod and the child smile. I know we always get back way more than we give.

At the farm, we have partnered frequently with God's Pantry in product donation as they can handle a large amount at once. They do phenomenal work providing food to those in need and have developed relationships with big retail and foodservice partners that round out government subsidized commodity food distribution programs. We are fortunate to have this resource in such proximity to our farm and to the local farmers markets.

In conversation with an acquaintance the other day, she was excited to hear of our good-food-giving campaign as it has evolved to be more systematic these days. A couple of years ago, we focused on how best to share vegetables with those challenged to have consistent access to fresh products all summer—each week—just like a CSA share, not just occasionally.

Our contact at Glean KY shared with us a short list of tireless individuals that do whatever it takes to make sure families they know at least have something to eat, if little else. And the best part, these individuals were willing to work with a local farm! Bingo, that put a smile on our face and some pep in our step. We prepared to send CSA shares to our new partners each week and then worked out the delivery logistics into our regular routes. In 2021 we added a donate opportunity on our CSA signup pages realizing that members wanted to jump in with us to help. Many of you have. We match every share our CSA member contributions cover and take care of delivery.

This year, with your help, Pastor Carmen at Calvary Church of the Nazarene, puts our veggies into the hands of families mostly residing in the Gardenside area of Lexington, Ky. On the other side of town, Therese, with Sisters Road to Freedom located in Woodhill Plaza, sees that even more families get a share each week at the food pantry and clothing closet she runs. Combined we are distributing 27 shares through these two agencies each week.

Many that enjoy the weekly CSA shares are individuals that may struggle to pay rent for the roof over their head or find a way to get to/from their job, all the while they navigate school system protocols, live in a food desert, and may deal with language and cultural barriers. Our produce may be the only fresh vegetables in their kitchen any given week if other options are tapped out.

The idea was to partner with the folks in the summer, but last fall when the summer CSA season ended, the need was still there. So, with help from our CSA members, deliveries extended through the fall and even into the winter with extra potatoes and sweet potatoes.

A few weeks ago, we went in with a small group of growers at the Lexington Farmers Market to take a van load of food to Whitesburg Ky, a community devastated by the unprecedented flooding in the eastern part of the state. We committed to sending lots of meat and veggies and put out a call to you, our shareholders, to contribute if you could. The donations started coming in minutes after the notice went out, real money. I delivered 300 lb. of much-needed protein, along with several hundred pounds of #2 grade potatoes and yellow squash. My deepest gratitude goes out to those that gave, as we were able to darn near fill one of our sprinter vans including vegetables, bread, meat, and other supplies donated by the others.

What we saw was unimaginable. A creek that would not top ankle high boots had debris some 30 feet up in the trees. School busses were down in the creek, parts of houses were up on the road. The delivery went to Community Agricultural Nutritional Enterprise (CANE) as it is the central hub in Letcher County that has capacity and space for food storage, distribution, and preparation.

At arrival, we were told to look for Valerie among the swarm of volunteers that came to help us unload. As it turns out, she and I knew each other from my KSU farm manager days many years back. She introduced Ann and me to Brandon, who runs the commercial scale kitchen designed and built to foster local food entrepreneurship and provide a much-needed community center for events. He was completely beside himself at the outpouring of donations and quickly had his helpers secure the frozen and fresh food away in the reefer trucks out back in the parking lot. You could see the gleam in his eye thinking of all the foods he could prepare not only for those that lost so much, but the road crews, power linemen, and volunteers almost too busy helping to stop and eat. I think he said some 1500 people a day were being served that day, and many meals were going out to people in the stacks and stacks of carry out containers I saw inside. Valerie was thrilled with the dozen or so of small flower bouquets as they were a bright spot and a reminder that good times will be back to the stricken community.

The story of giving is not a story about us or of the farm. But rather to simply let you know we are proud to have the opportunity to share the products we have. We are grateful to be able to contribute. Last week with your help, we sent another 200 lb. of ground beef and a couple hundred pounds of extra potatoes to CANE kitchen.

The Brandons, Valeries, Thereses, and Pastor Carmens are the heroes of this tale. Thank you for your support, as more of us is better than some of us. It seems to me, whatever any of us give, comes back tenfold. —Mac