

ROASTED GREEN BEAN AND TOMATO PASTA

Adapted from slimmingeats.com

2 shallots, sliced	pinch sea salt and black pepper
1 lb green beans	1 Tbsp extra-virgin olive oil
1.5 lb fresh ripe tomatoes, chopped	1/2 c chicken or vegetable stock
2 Tbsp tomato paste	16 oz penne pasta
1/2 bulb garlic	1 oz parmesan or cheddar, grated
1/2 Tbsp herbes de Provence	fresh parsley, chopped

1. Preheat oven to 425F.
2. Add shallots, beans, and tomatoes to baking sheet in a single layer.
3. Whisk tomato paste into the stock and pour over all ingredients in the sheet.
4. Place the half bulb of garlic in the center of the tray, cut side face down.
5. Sprinkle with herbes de Provence, salt, and pepper, and drizzle with olive oil.
6. Bake for 25-30 minutes until tomatoes and garlic are softened.
7. While beans and tomatoes roast, cook pasta in salted boiling water until al dente, reserving one-third of the pasta water before draining.
8. When beans and tomatoes are ready, use tongs to squeeze garlic cloves out of the half-bulb, discarding the skin.
9. Smash the softened garlic into the roasted vegetables with the back of a wooden spoon and stir.
10. Add in the pasta with the reserved water and toss to coat. Stir in the grated parmesan. Sprinkle with parsley and serve.

ROASTED CABBAGE WEDGES WITH ONION DIJON SAUCE

Adapted from anoregoncottage.com

1/2 medium green cabbage	2 Tbsp minced fresh onion
1 Tbsp extra virgin olive oil	1 Tbsp Dijon mustard
salt and pepper	1/2 tsp minced garlic
3 Tbsp butter	chopped parsley (optional garnish)

1. Heat oven to 450 F and line a baking sheet with parchment or silicone.
2. Cut cabbage half into four equal wedges and set on baking sheet. Use pastry brush to coat the cut side of each wedge with oil and sprinkle with salt and pepper. Flip wedges and repeat.
3. Place baking sheet in oven and cook 10-12 minutes. Flip wedges and roast 8-10 minutes more until nicely browned.
4. Meanwhile, make the sauce by adding remaining ingredients to saucepan over medium heat until butter is completely melted.
5. To serve, place wedges on a plate, whisk sauce again, and drizzle over wedges, sprinkling with parsley if desired.



Summer CSA News



June 17-23, 2024

Week 5 of 20

Volume 21, No. 22



Blueberries: Soak in a mixture of 3 cups water and 1 cup vinegar for 5-10 minutes. Rinse with running water and drain with a colander. Once dried, refrigerate for up to 5 days. To freeze, place washed and dried berries in a single layer on a cookie sheet and allow to freeze overnight. Once frozen, place in an airtight container and store.

Leafy Greens: Store leafy greens in the fridge in a perforated plastic bag. If you chop and wash ahead of time, spin the leaves dry before putting back in the bag with a dry paper towel to absorb moisture. Refresh by plunging them in ice water 15-20 minutes.

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.

Carrots, Turnips, Beets, Radishes: Store in a bag, or other container in the coldest crisper bin of your fridge. If your root vegetables still have greens attached, cut them off. Keep the greens refrigerated in a closed plastic bag. The roots should last for weeks.

Zucchini: All summer squash and zucchini can be used interchangeably. Store unwashed in a perforated plastic bag in the vegetable bin of your fridge. They should keep for more than a week.

How's Everything on the Farm?

Being back at weekend markets in recent weeks is a blast! I'm reconnecting with so many of you that I have come to know and love over the years. My Saturdays away on "farm sabbatical" was a wonderful opportunity during the pandemic, but it seems to be time to get back in the game. Thanks for the hugs and well wishes.

All that is to say, from friends and new faces alike, the most common question I get at the market is "How's everything on the farm?" My eyes kinda squint and glaze over like a cat being rubbed as images of what I saw the day before flash through my mind. Quickly, all the things I need to do jump to the head of the pack, eliciting my response, "Most things are fine." This reply draws worry from some who show empathy for whatever is not fine. I then quickly pivot to a fun story about cute-but-not-very-smart lambs, the boyish banter at the butcher shop, loading turkeys, wildlife encounters, or something I think might resonate with them, much to their relief. Market conversations might go something like these various topics...

John, Bethany, David, and the crew have the greens beds system dialed in, as you have seen in your shares. Leafy greens are always at the top of the list since we are dedicated to supplying them all summer, which is no small feat. Why? Because we all NEED to eat lots of greens all the time. To make that possible, we employ micro-sprinklers, spaced down the rows of greens beds to keep the leaves and soil cool, and drape protective insect netting over them. Each piece of infrastructure is critical and not easy to maintain, but it works. My hat's off to that crew!

All the behind-the-scenes production work has been going on for weeks to get into what some novice shoppers call the "real vegetable season." Green beans are coming in bountiful this week, while zucchini and okra look to be starting in a few days. New potatoes are sizing up, but not yet ready to dig out of the ground. All in all, it has been a decent growing season in the matrix of temperatures and rainfall. The warm/dry spell in mid-May allowed John to get some really nice alfalfa/grass hay rolled, but that is not the kind of weather that broccoli likes. The first broccoli planting was incredible, the second and third crops got knocked out. (Broccoli is the hands-down most finicky springtime crop to grow in KY.)

Grafted early tomatoes in the high tunnels are head high to me, and they're starting to ripen. (Usually the first fruits are imperfect, which is the plant's survival mechanism: to make hasty seeds early in case the going gets tough later.) When the field-grown plants ripen in a few weeks, it'll be full-on tomato season.

Sweet corn, cantaloupe, and watermelon will start being harvested in mid-July, and only last for six weeks or so. I fully intend to have sweet corn and some type

of melon every evening for dinner, when available. Peaches should start in August, watch for postings to order your own box to eat and freeze. They are short lived like melons and sweet corn. Apples and pears to follow.

Sweet potato slips were planted last month so I guess we can finally eat the ones on the kitchen counter I have been saving from last year. Spaghetti and delicata squash are up and running. Jessica's flowers are nothing short of phenomenal. Adorn your house with a bouquet, or gift them to a friend as we can deliver.

A pair of this year's fledgling barn swallows built a nest right above the door I use to go to and from my tool house. While I am so excited to be home to the next generation that will go somewhere in Central/South America this winter, neither of us are happy with the spot they picked. The miniature feathered fighter-plane-looking birds come within inches of my face as I come and go, protecting their babies. It took less than a week to get the mud and straw to fashion their adobe nest. (Although I did screw a little metal bracket to the wall because the wire they chose as a foundation kept moving, messing with the architectural design.) I took a picture with my phone, and saw four chicks hatched last week. Now I feel some responsibility and will spend the rest of my summer being swooped by barn swallows. How lucky can one man be?

Many of you shared your excitement to receive so many double-yolk eggs. They're basically a function of good nutrition, pasture, egg laying space, and weather. I take every one as a pat on the back. As for turkeys, we changed how we overwintered the breeding flock of heritage turkeys, resulting in a poult hatch near 90% this year, which is great. Tell your friends it's going to be a big turkey year.

The big tree I wrote about before is still there among the ruins of her upper two-thirds, along with the two trees across the residence entrance. It might be a while before we get the loop driveway back open as there is just too much to do right now to break away as we want to keep your CSA shares full.

Never is everything just fine on a diversified organic farm. In fact, the southern pleantry "fine" is not an allowed adjective on Elmwood Stock Farm. When I come home from checking on things at the lambing barn, Ann deserves more than "fine," as she is as invested as I am. When delivery drivers return from their route, or market staff get back to the farm to unload, a robust transmittal of information is in order rather than just reporting things are "fine."

One reason why I like being at the farmers market or at CSA pickup is to have a good conversation that is a thorough and proper completion of the thoughts around the situation. I'd be glad to share more with you and I invite you to come out for a farm tour to see for yourself how things are at the farm. Alternatively, we can have fun chatting at the market, and thanks for asking. —Mac