

GREEK SHEET PAN CHICKEN DINNER

Adapted from downshiftology.com

½ c olive oil	1 medium zucchini, halved lengthwise, sliced
3 Tbsp lemon juice	1 bell pepper, in 1" pieces
4 garlic cloves, minced	½ red onion, thinly sliced in wedges
2 tsp dried oregano	1 pint cherry-size tomatoes
1 tsp dried thyme	½ c kalamata olives, pitted
1 tsp Dijon mustard	¼ c feta cheese
1 tsp salt	2 Tbsp parsley, finely chopped
½ tsp black pepper	
6 chicken thighs	

1. Preheat oven to 425F.
2. In a small bowl, whisk together oil, lemon juice, garlic, oregano, thyme, mustard, salt, and pepper for a marinade.
3. Place chicken thighs in bowl and pour ⅔ of the marinade on top, then use your hands to toss the chicken in the marinade and ensure it is coated. Marinate 10-15 minutes.
4. While chicken marinates, spread zucchini, bell pepper, onion, and tomatoes onto baking sheet and drizzle remaining marinade on top. Toss to coat.
5. Nestle chicken around the veggies on baking sheet and bake 30 minutes.
6. Remove baking sheet from oven, add olives and feta, then return pan to oven 10-15 minutes or until vegetables soften and chicken reaches 165F.
7. Sprinkle with parsley, then serve.

QUICK PARMESAN ZUCCHINI AND CORN

Adapted from hungryhappens.net

2 Tbsp olive oil	½ tsp dried oregano OR 1 tsp fresh diced
1 shallot, finely chopped	½ tsp dried thyme OR ¾ tsp fresh diced
2 cloves garlic, minced	salt and pepper to taste
2 medium zucchini, diced	1 lime, juiced
kernels of 2 ears corn	¼ c fresh parsley, chopped
½ tsp dried basil OR 1 tsp fresh diced	⅓ c parmesan cheese, shaved

1. Heat olive oil in large deep skillet on medium heat. Add shallot and stir constantly for 1 minute. Add garlic and stir 30 seconds.
2. Add zucchini, corn, basil, oregano, thyme, salt and pepper to the pan. Mix and cook 5 minutes, stirring occasionally.
3. Stir in lime juice and parsley. Transfer to serving bowl, top with parmesan cheese, and serve.



Summer CSA News



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Tomatoes: Store tomatoes stem side down on a plate or cutting board at room temperature. Try not to refrigerate tomatoes as cold temperatures deplete their flavor and texture.

Cabbage: They have remarkable storage capacity. Keep dry and unwashed in the veggie bin of your fridge. If the outer leaves lose firmness, remove and discard. Once cut, wrap in sealed plastic bag and continue to refrigerate; it should keep for several weeks more.

Sweet Corn: Plan to eat your corn soon after you receive it. As time elapses, the sugars turn into starch, and the corn loses sweetness. Refrigerate sweet corn as soon as possible. Keep husks on.

Peppers: Wrap unwashed in a paper towel to absorb any moisture, and keep it in the veggie drawer of your refrigerator. In order from mild to spicy, we expect to see red or yellow bell peppers, green bell peppers, jalapenos, serrano peppers, and cayenne peppers.

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.

The Farm Store

We have noticed over the years that we have the highest return rate from season to season among our members who come out to the farm to get their share each week. I'm sure many of you enjoy seeing the turkeys and chickens (keep an eye out for the one turkey that thinks it's a chicken) and watching the little lambs frolic about. You might also appreciate witnessing the changes of the seasons, seeing different flowers bloom, berries ripen, leaves change color. When we opened up our little farm store, it opened new opportunities for good things to happen.

Way back when, our on-farm-picker-uppers were the only members who got the option of customizing their shares, because they could physically swap them while they were in the farm store. For a long time, all CSA farms used the "get what you get" model, just because the technology didn't exist for anything else. So when software for customizable CSAs came on the scene, the idea of letting CSA members customize was daunting—if we allowed folks to choose and add extras, how could we make sure we had enough without wasting? Our customers at the farm store served as a good pilot group. We watched what they chose, which gave us a pretty good idea of what people like, then adjusted accordingly. Some of you migrated out to pickup here for this reason and never left. Your kind words kept us motivated.

Now that we've been offering customizable shares online for many years, letting everyone add and swap is old hat, no big deal, but there are still some bonuses to picking up at the farm store every Tuesday. Namely, you sometimes get the opportunity to grab a super-fresh item and add it to your share. This has to do with timing: if you get your share on Tuesdays, we finalize your veggie list by Saturday morning. But sometimes the harvest surprises us between Saturday and Tuesday. Maybe our 20 pints of berries we planned for turned out to be 30 pints. Or maybe the peppers looked like they needed another week, but lo and behold on Monday, there's a nice batch coming into our packing shed. For most members, there's no way for us to offer you these last-minute items. But if you pick up at our farm store, you know that sometimes there are new goodies in the store available for you to add to your bag. Lucky you!

Another important bonus is that our farm store is also an opportunity for you to get to know your farmers better, and for us to get to know you. Our on-farm customers may catch one of us in the farm store for a chat about the weather or what we've got planned for dinner, or you may see us in the picnic area with our laptops, not picnicking but rather having our weekly team meeting. Lots of you know Kendall and Josiah well by now. In turn, they know who comes asking for extra kale every week, and whose doctor says they should avoid spinach.

When we see a new CSA customer walk through the door for the first time, it's a fun moment to match a face to the name we've seen on our lists and labels.

It is especially gratifying when you ask a friend or family member to pick up your share on your behalf, or maybe to take it home for themselves. They peruse the store, thinking about all the possibilities of delicious meals they could make, and usually ask a question or two or ten about how this CSA thing works. They usually leave with a big smile on their face, a jar of honey more often than not, and a hearty thank-you for us as they walk out the door. Many will say they had no idea there was anything like this and inquire about joining themselves. Thank you for spreading the word.

Of course we know on-farm pickup can't work for everyone's schedule. It would be quite a haul to make every week for those of you in the Louisville and Cincinnati areas. But you are welcome to pay us a visit when it suits, as we are open Monday thru Friday, 9:00 am to 5:00 pm. We are even open until 6:30 pm on Tuesdays. The views from the driveway alone are worth it.

As we say on the farm tours, here is a list of other things you can do to support a vibrant local organic food economy. Join us for one of the farm tours and you'll get a little more translation of some of these:

- Order the local items on the menu at a restaurant.
- Eat some percentage of your diet raw.
- Put at least one local and organic item on your plate each meal for 30 days.
- Look for the USDA Organic symbol on items at the grocery store.
- Grow some of your own food.
- Eat only grass-fed meat/milk/eggs.
- Say no to GMO.
- Share what you have learned with others.
- Go to the Farm-U-See, not the Pharm-A-Cy.
- Go to the farmers market. In. The. Rain.

No matter where or how you receive your share, thank you for your support. Come on by and see us. —Mac Stone

Organic peaches are ripening soon and Peach-A-Palooza is scheduled for Saturday, August 9th, 9:00-11:00 AM. Reserve your spot at: elmwoodstockfarm.com/farmtoursandevents