

PESTO POTATO TOMATO SALAD

Adapted from thefeedfeed.com

Potatoes

2 lb potatoes, in 1" pieces
1 Tbsp olive oil
½ tsp kosher salt
½ tsp black pepper

Tomatoes

1 pint cherry-sized tomatoes, halved
1 Tbsp olive oil
½ tsp kosher salt
¼ tsp black pepper

Pesto vinaigrette

⅓ c basil pesto
1 Tbsp white wine vinegar
2 Tbsp olive oil

Topping

2 Tbsp minced chives

1. Preheat oven to 400F.
2. Toss potatoes with olive oil, salt, and pepper on a sheet pan. Put cut side down without overlapping. Roast 15 minutes.
3. While tomatoes roast, toss tomatoes with olive oil, salt, and pepper on another sheet pan. Arrange tomatoes cut side up in single layer.
4. Continue roasting until potatoes are golden brown and tender and tomatoes are wrinkled but still juicy, about 25-30 minutes.
5. Whisk pesto, white wine vinegar, and oil in small bowl.
6. In a large bowl, toss potatoes with vinaigrette and gently fold in tomatoes and chives.

DELICIOUS CORN AND CARROT COLE SLAW

Adapted from reluctantentertainer.com

¾ c mayonnaise
¼ c creme fraiche
1 head cabbage, finely sliced
1 c shredded carrot
kernels of 2 cooked ears of corn

2 Tbsp white vinegar
1 Tbsp honey
juice of 2 lemons
1 tsp orange zest

1. In a large mixing bowl, combine cabbage, corn, and carrots. Mix until combined.
2. In a small mixing bowl, combine the remaining ingredients, mixing until smooth.
3. Pour the mayonnaise mixture onto the cabbage and mix until coated.
4. Serve cold on your favorite barbecue sandwiches or as a side dish.



Summer CSA News



Aug 4-10, 2025
Week 12 of 20
Volume 22, No. 29



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.

Peaches: Allow unripe peaches to ripen in a closed bag or container on a countertop; or out on the counter. To slow down ripening, keep refrigerated. Cut peaches can be kept for 3-4 days in the fridge.

Peppers: Wrap unwashed in a paper towel to absorb any moisture, and keep 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.

Potatoes: These potatoes are freshly dug and not yet cured. These should be stored in the refrigerator in a paper or perforated plastic bag. When ready to use, scrub well, peeling is optional.

Good Habits

We know you have been eating well since your shares have been bountiful with wholesome organic foods. The very nature of the CSA shareholder program is we pass along more when there is more (tomatoes anyone?), and less when there is less. The weather has been really wet in the spring and really hot this summer, for better or for worse, and it seems there has been a good mix of items each week along the way. Thank you for consistently picking up your goodies each week, and hopefully you have developed a habit of eating well, and it does not have to end when the summer ends.

You'll start hearing from us soon about the fall CSA season. Those of you who continue with us for the fall season will continue the surprise and joy of discovering what is in your share, with a shifting selection of veggies as the weather cools off. Don't forget that the weekly farmers market is also a way to supplement your good food addiction, and we look forward to seeing you there. Consistently consuming local and organic foods is vitally important for your health. But also consider that it's vital to the health of others too. Instead of your food dollars being used by a farmer spraying toxic chemicals on the land and in the air, those funds are used to steward the farm with regenerative agriculture practices leaving the land better than it was.

We know from the data generated by the research team at the (UK) University of Kentucky College of Agriculture, Food, and the Environment that organic CSA shareholders spend considerably less time in a doctor's office, and less money on pharmaceuticals than the average Kentuckian. Specifically, you CSA'ers see a doctor 2.03 times per year and spend \$17.23 on drugs, compared to 7.48 times and \$33.84 for non-CSA'ers. Think about that for a minute. You can either spend time in the comfort of your kitchen, preparing wholesome tasty dishes to enjoy and nourish your body, or sit in a waiting room full of sick people and then go spend money on some form of pharmaceutical drug that brings with it all sorts of side effects. Does that not make good food "medicine"? This concept is part of our top-ten list of things you can do for yourself and the community at the end of each farm tour: "Go to the Farm-U-See, not the Pharm-a-cy."

Another top ten item is to look for the organic label when shopping at the grocery store. This symbol is highly regulated, which means you can trust that certified organic foods are void of pesticide residues and actually improve the environment where they were grown, rather than being the cause for toxins released into the soil. In the case of meat and dairy products, not only was the animal feed produced without the use of synthetic chemicals, but the forage-based diet produces more heart-healthy meat and milk for us to enjoy. Having served on the National Organic

Standards Board for five years, I can assure you the scrutiny behind the integrity of the organic seal is impeccable.

This thoroughness is confirmed every year when we submit our organic system plan to the Kentucky Department of Agriculture (on behalf of USDA) who then sends an organic inspector to visit the farm. Every aspect of our production and marketing system is verified to comply with the regulations. As part of the inspection process, the inspector will randomly pick a specific crop, like eggs, where we must demonstrate how the number of birds matches the volume of feed we purchased and the number of eggs the hens produced. Not knowing what crop they might pick, we have to be prepared for anything on our list of crops and animal products to be audited. The inspector often takes random samples for pesticide residue testing, and can stop in unannounced anytime. That's fine and they are welcome anytime, as there's nothing to hide in our operation.

Fresh vegetables that are eaten raw are normally rinsed before eating, yet they are far from sterile. Plant leaves have a protective microbial film on them for their own protection. This is why water beads up and rolls off a kale leaf when put in water. You can rinse a head of broccoli or a strawberry all you want and this protective coating is unfazed, which is a good thing. This film is teeming with beneficial bacteria and fungi, which is vitally important for humans to consume to feed the microbiome in our gut. In turn, our gut health is directly related to the health of our immune system. Additional research at UK has shown that plants grown in an organic system had a more diverse, robust microbial profile than plants grown with the use of insecticides and fungicides. A reasonable person would conclude that since a rich, microbially diverse soil yields a microbially rich plant, ingesting said plant will lead to a microbially rich human microbiome. Understanding this microbe world is the final frontier of human health research, and much attention is focused in this realm. I have a hunch that raw organic veggies will win out over conventional ones when it comes to microbes and gut health. So somewhere in the top ten list is to eat some percent of your diet as raw organic fruits and vegetables.

As compelling as the data looks, it's the freshness and flavor that keeps us all coming back for more. Drop by the store midday on a Wednesday and you may see the farm crew enjoying the fruits of their labor around the picnic tables. And keep an eye on the add-ons available to add to your CSA, because we still have new flavors to look forward to later on this season. When we deliver your share, or when we see you at the market or in the farm store, we are comforted to know you are eating well. Thank you for committing to healthy habits that help both you, me, and your neighbor live better.— Mac