



PANZANELLA SALAD (ITALIAN BREAD SALAD)

Adapted from Serious Eats

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| <ul style="list-style-type: none"> 2 ½ lbs tomatoes, cut into bite-size pieces 2 tps kosher salt, + more for seasoning (use half as much if using table salt) ¾ lbs sourdough bread, cut into 1 ½ inch cubes (about 6 cups bread cubes) 10 tbsp extra-virgin olive oil, divided 1 small shallot, minced (~2 tbsp) | <ul style="list-style-type: none"> 1 stalk green garlic, minced ½ tsp Dijon mustard 2 tbsp white or red wine vinegar Freshly ground black pepper ½ cup packed basil leaves, roughly chopped |
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1. Place chopped tomatoes in colander set over a bowl. Season with 2 tsp salt. Toss to coat. Set aside at room temperature to drain, tossing occasionally. Drain for minimum of 15 min.
2. Meanwhile, preheat oven to 350°F. Adjust rack to center position. In a large bowl, toss bread cubes with 2 tbsp olive oil. Transfer to rimmed baking sheet. Bake ~15 min, until crisp and firm but not browned. Remove & let cool.
3. Remove colander with tomatoes from bowl. Place colander with tomatoes in sink. Add shallot, garlic, mustard, and vinegar to bowl with tomato juice. Whisking constantly, drizzle in remaining 1/2 cup (120ml) olive oil. Season the dressing to taste with salt and pepper.
4. Combine toasted bread, tomatoes, and dressing in a different large bowl. Add basil leaves. Toss everything to coat, season with salt and pepper. Let rest 30 min before serving, tossing occasionally until dressing is absorbed by bread.



ROASTED KOHLRABI

Adapted from AllRecipes

- 4 kohlrabi bulbs, peeled
- 1 tablespoon olive oil
- 1 clove garlic, minced
- salt and pepper to taste
- ½ cup freshly grated Parmesan cheese

What's this veggie?

Kohlrabi is surprisingly sweet! Consistency-wise, it's a little like a turnip. Peel, slice, and eat it raw with a little salt, or roast it for an almost potato-like dish.



1. Preheat the oven to 450°F.
2. Cut kohlrabi into 1/4-inch thick discs, then halve each slice.
3. Combine oil, garlic, salt, and pepper in a large bowl. Add kohlrabi; toss to coat.
4. Spread in a single layer on a baking sheet.
5. Bake in the preheated oven until lightly brown and tender, stirring occasionally, 15 to 20 minutes.
6. Sprinkle with Parmesan. Roast until cheese melts and turns golden, about 5 minutes. Serve immediately.

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SUMMER CSA NEWS



KOHLRABI

Separate greens from bulb if present; store bulb in the crisper in the fridge for several weeks.



TURNIPS, BEETS, CARROTS & RADISHES

Store in the cold area of the fridge; use the greens soon; roots will keep a long time.



PEAS & CUCUMBERS

Refrigerate immediately, unwashed. Wrap loosely in a bag and store in the crisper of your fridge. Keep dry.



GREEN GARLIC

Wrap in a damp paper towel and store in a bag in the fridge. Use within 5-7 days, or leave longer to dry.



TOMATOES

Store unripe tomatoes upside down on a plate at room temp. Refrigerate once cut.



SHALLOTS

When fresh refrigerate. Once dried, keep in a dark, cool (not cold) dry place.



LEAFY GREENS

Store unwashed in original bag, or chop, wash, and dry with a salad spinner, and return to bag with a dry paper towel to absorb moisture. Always refrigerate.



WINTER SQUASH

Store in a cool, dry location. Once cut, refrigerate and use within 5-7 days.



FRESH HERBS

Place in water in the refrigerator.



ON THE BANKS OF THE ELKHORN

The Elkhorn Creek is a 99-mile-long body of water that stretches across many counties of Central Kentucky. It has two forks, the South and North Elkhorn. The two forks join together to become one, at a point just east of Frankfort. The unified stream eventually becomes part of the Kentucky River.

Elmwood Stock Farm is blessed to have a portion of North Elkhorn Creek as our southern border.

The creek is named as such because of the way these twin streams begin as separate waterways, then meet. The creek is home to catfish, rock bass, large and smallmouth bass, carp, crappie, and bluegill. It's a beautiful feature of Fayette, Scott, Woodford, and Franklin counties, and a scene for great fishing and kayaking. For us, it's a critical source of irrigation.

Back when farmers were swapping land, this property was deeded to have access to this reservoir of high quality Central Bluegrass surface water. The creek helps us stay conservative in our overall water usage.

Our part of the creek is a deep pool of water (or flat water to some), courtesy of a grist mill downstream many decades ago. This affords us the opportunity to lay a specialized 25' aluminum pipe into the depths, as the intake to our pumps and delivery mechanisms.

It is a quiet little spot where the pump is housed there on the banks among the trees that hold the bank for us after big rains.

If any of us was to live here long enough, it will look more like Red River Gorge out here in a few million years.

The water quality is excellent, as most of the creek winds through well-maintained, prime Central Bluegrass farm land. We have the pipe nestled among some tree roots, tucked neatly down the bank, almost un-noticeable to passing canoers.

If a big storm were to bring the creek out of it's banks, we would have to run to pull the electric pumps from being submersed, but then we would have a few days before they were needed again to put them back.

The pump sends the water into a large diameter trunk line towards the crop fields, through a drainage culvert under busy Highway 460, and along however much length of hose is necessary to reach the crop field. This wide, blue, lay-flat hose is a thick vinyl feeling hose that goes flat when not in use, making it easy to drive over.

Each row has a small flat-when-not-in-use trickle tape that connects easily to

the main supply line with a nifty little adapter, that also has a small on/off valve. This grid of supply lines provides water along many of our crop rows, where small droplets are let out every 12 inches for hours on end.

As organic growers, our watering regime is different than what some crop consultants might recommend. Conventional wisdom calls for consistently supplying small amounts of water on a regular basis, almost hydroponically. We tend to water a little heavier, then hold off a while, forcing the plant to send roots deeper into the soil seeking more moisture, and finding more nutrients along the way.

As always, thank you for your support. So many of the tools at our disposal are only available to us because good folks like you have invested in this local food movement. The makers of those tools took notice because they exist now when they didn't before.

I leave you with an excerpt from One Fine Day at September's End, by past Kentucky poet laureate Richard Taylor:

Though I don't fish, I feel the lure
that pulls him, imagining the sun
that splays across the pool
in Elkhorn Creek, ample, umber,
in perfect balance with the ragged hem
of blue shadow along its banks.

Mac Stone



FARM TOUR

Come sample farm life. Learn how we grow your CSA share by working with the ecosystem.

You're guaranteed to see something different each tour as the season evolves



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As an Elmwood CSA Member, you get the following perks when you buy your tour ticket:

- 1.** Bring the rest of your family at no charge. Contact us directly after purchasing to reserve their spots.
- 2.** After attending, we'll credit the value of your ticket to your CSA account, giving you extra items that season!