



TOMATO CUCUMBER SALAD

Adapted from Organic Association of Kentucky

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| 1 pint cherry tomatoes, halved | 3 tbsp mint, thinly sliced |
| 1 cucumber, diced | 3 tbsp parsley, thinly sliced |
| 1 small yellow onion, diced | 3 tbsp olive oil |
| zest and juice of 1 lemon | salt |

1. In a large bowl, combine tomatoes, cucumber, onion and lemon zest.
2. Stir in herbs, olive oil, and lemon juice until thoroughly combined.
3. Season with salt to taste, and enjoy.



BASIL CANTALOUPE POPSICLES

Adapted from Organic Association of Kentucky

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| 2 cups cantaloupe, chopped | 2 tbsp honey |
| 2 tbsp basil, chopped | 1 pinch salt |
| 1 cup coconut milk, full fat or lite | |

1. Blend cantaloupe, basil, coconut milk, and honey or sorghum until smooth.
2. Pour into popsicle molds and freeze at least 4 hours or overnight.
3. Unmold and enjoy!



SUMMER VEGGIE CURRY

Adapted from Organic Association of Kentucky

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| 1 ½ cups jasmine rice, rinsed | 2 tsp ground coriander |
| 1 tsp coconut or olive oil | 1 can coconut milk |
| 1 small onion, diced | ½ cup broth of choice |
| 4 cups summer veggies (peppers, zucchini, squash, carrots, etc), sliced | 1 ½ tsp sugar |
| 4 garlic cloves, minced | 1 ½ cup kale, thinly sliced |
| 2 tsp fresh ginger, finely grated | 1 tbsp soy sauce |
| 2 tbsp curry paste (red or yellow) | 1 tbsp lime juice |
| | 1 cup cilantro, chopped |

1. Cook rice in your preferred method (1.5 cups dry = 4.5 cups cooked).
2. Heat oil in a large skillet on medium heat. Cook onion for ~5 minutes with a sprinkle of salt, until it starts turning translucent.
3. Add peppers, squash, carrots and cook for ~5 more minutes, until peppers are fork-tender. Make a hole in the middle, add garlic and ginger and cook ~30 seconds until fragrant.
4. Stir in curry paste and ground coriander, stir until veggies are coated. Then pour in liquid, sugar, and kale and bring up to a simmer for ~10 minutes, until all veggies are cooked to your liking.
5. Remove from heat, stir in soy sauce and lime juice, top with cilantro.

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SUMMER CSA NEWS



OKRA & GREEN BEANS

Keep in paper bag in the fridge. Will store for a week. A small bit of black streaking is normal. Wash and cut just before use.



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.



MELONS

Store uncut at room temperature until ripened to your liking. Store cut melon in airtight container in the fridge.



SPAGHETTI SQUASH & ONIONS

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



CUCUMBERS, & CABBAGE

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



FRESH HERBS

Place in water in the refrigerator.



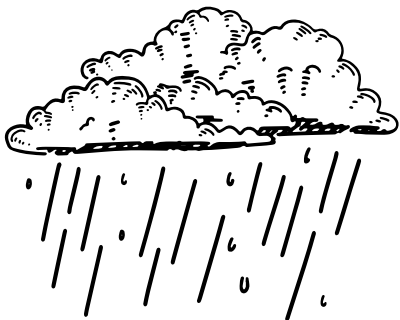
GARLIC

Store in the pantry area of your kitchen; remove a clove or two for your recipes; the remainder keeps for weeks.



SUMMER SQUASH & ZUCCHINI

Store unwashed and dry in the crisper of your fridge. Keeps for 10-14 days.



HOW THE WEATHER AFFECTS THE FARM & YOU

Hey guys, John here.

As a farmer, the weather can literally make us frustrated or happy on a daily, or hourly, basis—depending on how you choose to see it. The effects of weather and climate don't spare you either, as our CSA members.

So, where are all the tomatoes, you might be wondering?

As the seasons evolve, we seem to experience milder winters, earlier springs and extended falls. But our actual growing season has not changed. Despite the changing patterns, we've usually stuck to these practices:

- Fall seems to be warm into late November, yet we still consistently have a killing frost in mid-October every year.
- We might have a warmer March and April, but May 10th is still our safe planting date.
- We might even start early. Around May 1st, if the extended forecast looks favorable, we like to get started

planting our major summer crops like tomatoes, peppers, squash & beans.

That wasn't the story this year, however. We actually delayed planting summer crops because of a cold snap in the forecast around May 10th. As frustrating as that delay was, we're very glad we were patient. On May 9th, we had a low of 28 degrees Fahrenheit. That was a *freeze*, not a frost.

We would have lost everything if it wasn't still in the greenhouse. We were then further delayed by an extended monsoon following that cold front. Having late tomatoes this year is frustrating, but we'll take late tomatoes over no tomatoes. We all know better than to defy Mother Nature.

Weather considerations.

At Elmwood, we have frost-blankets that we use on our row crops, plus about 3/4 acre of high-tunnels. Despite this, the vast majority of our crop production happens out in the fields, and at the mercy of Mother Nature.

Those of us who work the vegetable and flower fields (Emery, David, Chito, and I) go to bed checking weather apps, and do it again when we wake up. I personally have six different apps, even though I only check three regularly.

The weather determines much of our day, and each crop responds differently to different conditions.

- In the summer, we harvest leafy items in the cool of the morning and the hardy crops (like squash or tomatoes) in the dry of the afternoon.

- We try not to harvest peas, beans or tomatoes in the rain—the water can spread disease or cause spots. But sweet potato slips like to be planted in the rain, not the dry.

One of the benefits of being a diverse production farm: there is usually something benefiting from whatever the weather is giving us.

A lot of rain might mean:

- Fruit is less flavorful, weeds grow tall, and the fields can wash.
- But the pros: rain brings a ton of forage for our livestock.

So, I can be a grumpy produce farmer but a happy cattle farmer—depending on which I choose.

A dry spell might come. If it does:

- Our irrigation system actually allows me a greater degree of control over the water the crops receive, so it's actually a little easier to grow healthy vigorous produce.
- But we will likely be short of summer grazing and winter hay, which is very stressful when you have a lot of grass-fed livestock.

So I'm a happy produce farmer, but a stressed cattle farmer.

As a farmer, the weather can literally make you frustrated or happy on a daily basis—depending on how you choose to see it.

While modern technology has helped

us to farm more efficiently, yet still similarly to our forefathers—we will always be at Mother Nature's mercy.

By being so diverse, we have the opportunity to always be happy about some aspect of the weather, even if we're a little frustrated with another.

- John Bell



GET READY FOR ORGANIC PEACHES Y'ALL

By the time you read this, they might already be available for CSA!

After 7/23, start checking the CSA Marketplace for these beautiful organic fruits. There will be plenty!