



BAKED PEACHES WITH ICE CREAM

Adapted from I Heart Naptime

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| 3 large ripe peaches | ¼ tsp ground cinnamon |
| 1 to 2 tbsp salted butter | Your preferred ice cream (optional) |
| 2 tbsp light brown sugar | |

1. Preheat oven to 375°F and spray an oven safe pan with nonstick spray. Slice peaches in half and remove the pit, then place in the pan. Place a small piece of butter (about 3/4 teaspoon) in the middle of each peach.
2. Combine brown sugar and cinnamon in a small bowl. Then sprinkle over the peach.
3. Bake for 10 to 13 minutes, or until golden and soft. Top with ice cream if desired.



SUMMER GARDEN PASTA

Adapted from Barefoot Contessa

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| 4 pints cherry tomatoes, halved | Kosher salt |
| Good olive oil | ½ tsp freshly ground black pepper |
| 2 tablespoons minced garlic (6 cloves) | 1 lb dried angel hair pasta |
| 18 large basil leaves, julienned | 1½ cups freshly grated Parmesan cheese, |
| plus extra for serving | plus extra for serving |
| ½ tsp crushed red pepper flakes | |

1. Combine the cherry tomatoes, ½ cup olive oil, garlic, basil leaves, red pepper flakes, 1 tsp salt, and pepper in a large bowl. Cover with plastic wrap, and set aside at room temperature for about 4 hours.
2. Just before you're ready to serve, bring a large pot of water with a splash of olive oil and 2 tablespoons salt to a boil and add the pasta.
3. Cook al dente according to the directions on the package (be careful – it only takes 2 to 3 minutes!).
4. Drain the pasta well and add it to the bowl with the cherry tomatoes. Add the cheese and some extra fresh basil leaves and toss well. Serve in big bowls with extra cheese on each serving.



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.



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.



GARLIC

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



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. Once cut, peaches can be kept for 3-4 days in an airtight container in the fridge. **More detailed instructions inside!**



MELONS

Melons are picked ready to enjoy. If need be, store for only a few days in refrigeration. Once cut, store in an airtight container in the fridge.



TOMATOES

Store unripe tomatoes stem side down at room temp. Ripe, cut, or cherry tomatoes should go in the fridge for longer storage.



THE LAND TELLS A STORY

One of the guys found part of a Native American arrowhead this past week. Several of us at the farm have quite a collection of various shapes and sizes that have been found over the years.

It's fascinating to think that the last time these items were touched by a human was hundreds, if not thousands of years ago. Imagine that someone was hunting to provide sustenance for their family, and potentially bartering the pelts they secured for needed goods or services from others.

These arrowheads, or points as many of them are technically called, are estimated to have been made anywhere between 1,000 AD to 9,000 BC years ago. Archeologists can identify differing properties of each of these stones, which aids in determining when they might have been crafted, and often their intended usage.

Native people crafted sharp stones, affixing the points to straight wooden sticks with feathers fletched to the back. The bowstring was stretched tight by a

bowed branch, likely aimed at the ancestors of the wild animals we see now. Some stones were attached to the end of sticks like a spear, and thrown with an atlatl.

You may have noticed the grass covered depressions in the landscape, or sink holes as they are called, if you've visited the farm during one of our farm tours this year.

What you did not see is one specific sink hole that has lots of old trees growing in it. This sink hole actually contains a large cave opening, twelve to fifteen feet across and five or six feet high at its tallest point. There is a large room just inside the opening and a cavern that we have walked back maybe 300 feet.

This was bound to have been refuge for Native Americans centuries ago. I often wonder how might this cave have impacted the history of the region.

In the wet season and after a big rain, you can hear the water running way in the back, many feet away from the dark tunnel-like opening. Occasionally water still floods back up into the depression itself and fills part of the cave.

The land we call Elmwood Stock Farm has provided food, shelter, and clothing for humans for many centuries, and now we bear the responsibility to continue that tradition.

As farmers, we impose our will on the land with which we have been entrusted. As organic farmers we choose to not release toxins into our ecosystem which would cause slow

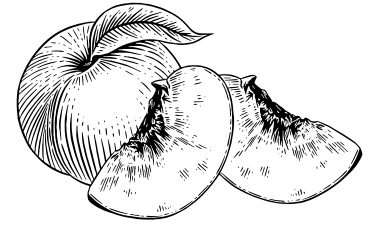
insidious mutations and/or death to the many wild animals that also call Elmwood Stock Farm home.

We judiciously employ psychological impediments to the proliferation of various species of wildlife that could otherwise wipe out some of our agricultural enterprises. We like to think we have trained our wild animals to eat within their evolutionary tendencies, while alongside them we protect the more vulnerable domesticated livestock that we raise.

Occasionally, we get to enjoy watching a coyote pup hopping up in the air to pounce upon an unknowing vole hiding under the snow. We get to see little baby ground hogs become big fat ones in a matter of weeks. We get to watch the squirrels squirrel away nuts for themselves without feeling trepidation that they are stealing vital nutrients from us.

While we are fortunate to have many more tools at our disposal than arrowheads and points, we still provide for our families selling the crops and livestock that come from the land. The good news is that we do not have to worry about encounters with stampeding herds of bison while we do it.

-Mac Stone



HOW TO STORE PEACHES AT EVERY STAGE

FIRST, CHECK FOR RIPENESS

A ripe peach gives slightly under pressure if you gently squeeze between your fingers, has a vibrant hue, and smells fragrant.

Unripe peaches are firm and don't yet have a peach scent.

TO RIPEN UNRIPE PEACHES

Pull out of the fridge and store in a bag or closed container at room temperature. It could take 2-4 days for peaches to ripen.

STORE FOR LATER

You can keep peaches in the fridge which slows the ripening process, then pull out a few days before you need them ready.

RIPE PEACHES

Once ripe, they should be eaten or peeled, sliced, and frozen. To extend their shelf life, put back into the fridge in a single layer to add 2-3 days of freshness.

SLICED PEACHES

If already cut, store in an airtight container in the fridge. You can drizzle with lemon juice to prevent browning.