

SOUTHERN SQUASH CASSEROLE

Adapted from Southern Discourse

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| 2 tbsp butter, melted, for baking dish | 1 tsp salt |
| 4 cups sliced squash (yellow, zucchini, pattypan squash, or a mix) | ½ tsp minced garlic |
| ½ cup mayonnaise | ½ tsp coarse ground black pepper |
| 2 tbsp chicken broth | ¼ cup grated Parmesan cheese |
| 1 tsp lemon juice | ¼ cup panko bread crumbs |
| | 2 tsp Italian seasoning |

1. Preheat oven to 350°F. Butter a 2qt. baking dish or small cast iron skillet.
2. In a bowl, whisk mayonnaise, broth, lemon juice, salt, garlic & pepper.
3. Slice squashes in approximately ¼ inch slices for crisp tender baking. Place in large mixing bowl. Pour mayo/broth mixture over squash and toss until well coated. Arrange (or spoon) coated squash in buttered baking dish. Pour any leftover sauce over top of squash.
4. Using a fork, mix together Parmesan, panko, and Italian seasoning in a small bowl to make topping. Sprinkle evenly over the top of the squash (you may or may not use it all). Cover with foil and bake in preheated oven for 30 minutes.
5. Remove foil. Change oven setting to broil. Brown topping for 5-7 minutes. Remove from oven and serve.



CUCUMBER AND FENNEL SALAD

Adapted from Zestful Kitchen

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| ½ cucumber, finely sliced | 1 lemon, zested and juiced |
| 1 fennel bulb, trimmed and very thinly sliced (or shaved) | Kosher or sea salt |
| 2 tbsp chopped fennel fronds | Cracked black pepper or red pepper flakes |
| 1–2 tbsp extra-virgin olive oil | |

1. Slice the cucumber lengthways, then slice into half moon shapes. If you wish, you can remove the seeds with a small spoon or peel the cucumber.
2. Combine cucumber, fennel, fennel fronds, 1 tablespoon olive oil, 3 tablespoons lemon juice, and ½ teaspoon lemon zest in a medium bowl; season to taste with salt, a good amount of cracked pepper and additional olive oil and fennel fronds as needed.
3. Let salad stand 15 minutes before serving (to soften the fennel).



WHAT IS FENNEL? HOW DO I USE IT?

Fennel is very underrated! It has a fresh and aromatic flavor. Don't let it intimidate you – it's great raw, sautéed, or in soups, salads, and sauces. Use the bulb and the frond!

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SUMMER CSA NEWS

FENNEL

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



RADISHES & BEETS

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



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.



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 & ONIONS

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



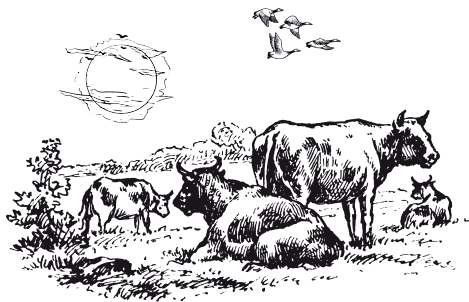
FRESH HERBS

Place in water in the refrigerator.



SQUASH & ZUCCHINI

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



THE SOUNDS AND SONGS OF THE FARM

The song the farmland plays for you is unlike anything you would find in the city, suburbs, or even wilderness. The following is a picture painted of an early morning Elmwood soundscape.

Cows camp out in clusters for security in numbers. They lay down and rest peacefully, but are always aware of their surroundings. Unlike cats and dogs, it's not a lights-out dead sleep. When all is quiet, a herd of Angus cows brings comfort as they doze at daybreak, eyes closed, gently breathing, and occasionally grunting or huffing.

These cows are the foundation of Elmwood Stock Farm's regenerative farming program. To be able to hear the subtle sounds of a herd, not just an individual, is phenomenal.

The high-pitched whine of the sounds of thousands or millions of tiny insects announcing themselves to lure mates or chum in food is easily lost in the sound-pollution of civilization.

On these very quiet early mornings, especially weekends, I hear various

voices from the magnificent insect world. I almost have to stop, close my eyes and train my ear to hear what is actually being said. The shift from nighttime creatures to daytime creatures is almost undetectable and speaks to the biodiversity on the farm. Even bugs need to rest, I guess.

Approaching the blackberry and raspberry orchard I hear the piercingly concentrated, high-pitched noise of the tree frogs that have colonized this microclimate. The brambles provide shade in the summer, and supper to boot. If I slowly amble between two rows, the noise silences as I approach, then starts back up behind me as I move on.

I am no real threat to them, since they are almost impossible to find, even in broad daylight. They seem to go dormant in hot-dry weather yet have been with us for the who-knows-how-many reproductive cycles they have been through since toxic chemicals stopped being applied to this land.

A rooster's crow is easily distinguished, of course. It's the quiet cooing coming from the mobile hen houses that brings solace. Laying hens do seem to sleep at night, which is good since they can't see squat in the dark. Their roosting instinct takes them to the same place in their mobile shelter each evening. If I, or a racoon or owl, were to grab one in the night, the chickens on either side would sit still, hoping to go unnoticed.

That's why we spend countless hours setting up and moving intricate electric netting and contraptions to keep the

predators from accessing the birds. The old saying, "up with the chickens," meaning getting up early, is accurate. I think evolution has not caught up with sustainable chicken-farming practices, as the birds come out before daylight, when predators are still active. We have all manner of methods to protect the chickens from their own behavior—one of many reasons why our eggs take more resources to produce than value-priced grocery eggs.

Song birds also get going at first light, almost as if they have been waiting for a while to get started. This spring, as the new wildbird arrivals returned from their southern sojourn, it was easier to pick out their calls among those that overwinter here. Eighty-some-odd species of birds have been spotted out here on the banks of the Elkhorn, with a few others only being heard and not officially counted until visually verified. Once the birds get cranked up as dawn progresses, I can hear a dozen or more from any one spot at any one time. It's awesome.

The volley of red-eye flights from the West Coast traveling to the northeast corridor that pass overhead around 5am each morning are quite audible. I think about why so many people need to be going back and forth so much.

With schools out, hundreds fewer cars roll through the farm down US460. What a difference that makes.

If we each do our part by sourcing locally produced, organic foods, to

then take the many trucks off the road that haul industrially grown items from afar, we all might be a little better for it. As we could better hear what Mother Nature is trying to tell us.



FIND US
JULY 3RD
&
JULY 4TH

**for help feeding a
holiday crowd.**

JULY 3RD

**We're open! Order
pickup or pop by the
farm store.**

JULY 4TH

**Downtown Lexington
Farmer's Market will
move to National
Avenue for the day.**

**Georgetown Farmers
Market will be open!**