



CREAMY KALE SLAW WITH KOHLRABI

Adapted from Spend with Pennies

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| 1 bunch Tuscan kale, the curly kind,
minced thinly | $\frac{2}{3}$ – 1 cup mayonnaise |
| 1 carrot, grated | A few dashes of hot sauce |
| 1 small kohlrabi, cut into matchsticks | Salt and pepper |
| $\frac{1}{2}$ lemon, juice only | $\frac{1}{2}$ cup dried berries (your preference) |
| | $\frac{1}{2}$ cup sunflower seeds |

1. Remove ribs from kale leaves and mince finely into strips. Also grate the carrot and cut the kohlrabi into matchsticks.
2. In a separate bowl, mix mayo, hot sauce, and lemon juice.
3. Pour dressing over slaw and stir well to combine.
4. Season with salt and pepper and top with dried fruit and sunflower seeds.
5. Serve right away or make in advance.

RHUBARB LEMON CHICKEN BAKE

Adapted from Cotter Crunch

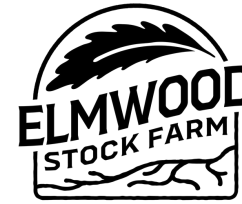
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|---|---|
| $\frac{1}{4}$ cup BBQ sauce | $\frac{1}{2}$ tsp black pepper |
| 2 tbsp balsamic vinegar | $1\frac{1}{2}$ pound chicken thighs |
| 2 tbsp olive oil | Kosher salt and pepper |
| $\frac{1}{4}$ cup maple syrup | 1 lemon, thinly sliced |
| $\frac{2}{3}$ cup chopped rhubarb (1-2 medium stalks) | Oil |
| 2 garlic cloves, minced or grated | 2 large shallots or $\frac{1}{2}$ large onion |
| $\frac{1}{2}$ tsp kosher salt | Fresh thyme |

1. In a blender or small food processor, blend the first eight ingredients.
2. Pat chicken dry with paper towels, season lightly with salt and pepper. Place chicken in a bowl or ziplock, pour blended marinade over it, and refrigerate for at least 1 hour (or overnight for more flavor).
3. Preheat oven to 375°F. Heat oven-safe skillet over medium-high heat with drizzle of olive oil. Remove chicken from marinade (save the marinade!) and sear skin-side down first in the skillet, 4–5 min, until golden and crispy. Flip and sear for 1–2 minutes. Transfer chicken to a plate.
4. Pour reserved marinade into the skillet, scraping up browned bits. Simmer for 1–2 minutes until slightly thickened.
5. Nestle chicken back into skillet. Scatter the onion around the chicken. Season with salt and pepper. Transfer the skillet to the oven and bake for 15 minutes.
6. Remove the pan from the oven and baste the chicken with the juices in the pan. Return it to the oven and continue baking for another 10–15 minutes, or until the chicken reaches an internal temperature of 165°F.
7. Remove from the oven and let the chicken rest for 5 minutes (uncovered). Spoon pan juices over top just before serving. Top with sprinkle of fresh thyme.

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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 & TURNIPS

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, POTATOES & ONIONS

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



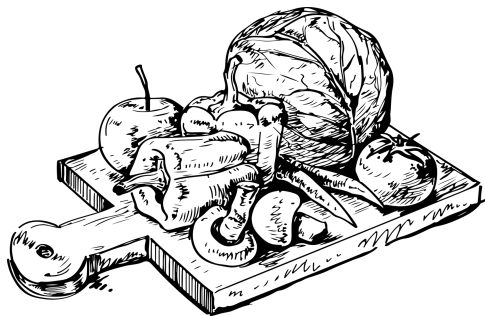
FRESH HERBS

Place in water in the refrigerator.



SQUASH, ZUCCHINI, & KOHLRABI

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



THE FARMER'S FAVORITE FOODS

Let's break down this idea into three basic food categories—actually, two categories, since we don't grow chocolate around here. I'll start with plants, but I have to pay homage to my favorite grilled meats at the end. I hope my plant-based friends will stay for the whole thing.

Summer veggies are so short-lived in Kentucky, I tend to eat my weight in them while they're available. Especially when we keep our cooking methods simple, they just seem to vanish off our plates, right before our eyes.

Heirloom Tomatoes

There is nothing simpler than slicing a ripe heirloom tomato. For me, all I need is a little salt and pepper and a good, organic, creamy blue cheese dressing, and I'm good to go. You can find lettuce or spinach or arugula or tender mix or some fresh-eating green most all year from Elmwood Stock Farm, so tossing our greens with tomatoes and some homemade yogurt dressing dujour is our go-to dinner in the hectic summer months.

Since Cecil Bell, the patriarch of the farm

and lifelong beef farmer, would only fix burgers when our black or purple tomatoes are primo, we will grab big-bun-sized slicers for those.

Timing is everything with fresh produce, so Cecil would pick out his tomatoes a few days before dinner to let them ripen to perfection, as you should, too. Buy your pineapples and pears a week or more ahead of when you want them. Buy peaches and tomatoes a few days before using.

Summer Squash

Zucchini: slice it thin longways, drizzle with a little organic olive oil, salt and pepper to taste, grill on fairly high heat for a few minutes. It is a summertime favorite, for sure. Leave it on the grill long enough for some good char. The sugars caramelize and enhance the flavor. Cook more than you think you need to dice on top of a salad for a little pizzazz.

Yellow squash is good also, although zucchini gets me credit for a green vegetable—although it is mostly white and, well, I eat plenty of really green vegetables anyway.

Steamed Greens

Speaking of green veggies, we keep a bowl of kale salad in the fridge most of the time, but that's not specific to summertime.

Our stainless-steel steamer pot essentially lives on the stove or in the dishwasher year-round. People can reel off these elaborate, time-consuming recipes for cooking kale, collards,

mizuna, or Asian greens. When you have fresh, organic ingredients, all you have to do is: stem, steam and serve.

All-Veggie Sauté

For a quick sauté in olive oil, we throw in whatever vegetables are available. Squash, carrots, cabbage, hakurei turnips, diced tomatoes or cherry tomatoes, rainbow Swiss chard—any combination is great. This is an excellent use for items in the fridge with a little age on them. Just don't cook them so long that they get too mushy, although I like mine softer than lots of people prefer.

Organic, Pasture-Raised Meats

Then there are proteins. A juicy, grilled grass-fed, organic, Wagyu-Angus beef burger, pasture-raised-chicken thigh, and Berkshire pork chop are tied for my No. 1. Tied for No. 2 are a juicy, grilled grass-fed, organic, Wagyu-Angus beef burger (this is not a typo), pasture-raised-chicken legs, or a grilled Wagyu-Angus beef sausage or Berkshire pork sausage from Elmwood Stock Farm. Don't overcook these. Salt and pepper them when they go on the grill and when you flip them—except the sausages, they are perfectly seasoned already.

So, to eat like a food farmer, keep it simple. Start with fresh, local, organic ingredients. Cut up the vegetables, put dressing on them, and call it a salad. Or grill, steam or sauté then season with salt, pepper, some of our farm's garlic powder or herbs of choice. Berries or melons for dessert. Dinner is served!

Fast, simple, and good for you—now those are my favorite foods



SUMMER FARMERS MARKET SCHEDULE

CINCINNATI

Hyde Park Sun, 9:30am - 1pm

GEORGETOWN

Pavilion Sat, 8:30am-12:30pm

LEXINGTON

Downtown Sat, 8am-2pm

Southland Sun, 10am-2pm

National ... Tues & Thurs, 8am-12pm

TOUR THE FARM



JULY 18

Sample family farm life. Learn how we grow your organic CSA share by working with the ecosystem.

ElmwoodStockFarm.com/FarmToursandEvents



Perks for Elmwood CSA Members

1. Buy one ticket and bring the family at no charge. Contact us to reserve their spots.
2. After attending, we'll credit your ticket cost to your CSA account!