



GRILLED PEACHES

Adapted from Weaver's Orchard

3-4 peaches

Neutral flavored oil such as avocado, canola oil or butter

Balsamic glaze

Salt and pepper (if savory) or raw sugar (if sweet)

1. Slice peaches in half, removing the pit. Dip in oil. Grill on medium heat, either on the grill or a grill pan/panini maker for 1-2 minutes.
2. Turn over and grill another 1-2 minutes. Drizzle with balsamic glaze and sprinkle with salt and pepper or sugar. Enjoy on toast, in salads, on yogurt or ice cream!



CHEESY BAKED TOMATOES

Adapted from The Cookie Rookie

4 medium or large tomatoes, sliced (heirloom, red, or Roma-type)

1 cup freshly shredded Parmesan cheese

1 cup freshly shredded mozzarella

½ cup chopped fresh basil

1 tablespoon olive oil for drizzling

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. Place the tomato slices on the prepared baking sheet.
2. Top each tomato with a layer of Parmesan and then a layer of mozzarella. Sprinkle the chopped basil on top of each tomato. Drizzle lightly with olive oil.
3. Bake for 8-10 minutes or until cheese is melted and bubbly. Then set the oven to broil and broil for 2-3 minutes to brown the cheese.



MEXICAN STREET CORN SALAD

Adapted from Love & Lemons

4 ears fresh corn, husked

Extra-virgin olive oil, for brushing

1½ tbsp mayo (or vegan mayo)

1 garlic clove, minced

Zest and juice of 1 lime

½ cup chopped scallions/onion

¼ cup crumbled Cotija cheese*

¼ cup finely chopped fresh cilantro

¼ tsp smoked paprika, or chili powder

1 jalapeño pepper, diced

¼ tsp sea salt

*Omit cheese to make this a vegan recipe.

1. Preheat a grill to medium-high heat. Brush the corn with olive oil and grill for 2 minutes per side, or until char marks form. Remove from grill and set aside.
2. In a large bowl, combine the mayo, garlic, and lime zest and juice. Slice the kernels off the corn and add to the bowl along with the scallions or onion. Stir to coat, then add the cheese, cilantro, smoked paprika, jalapeño, and salt.
3. Season to taste and serve immediately or chill until ready to serve.

AUG 3 - 9, 2026

VOL 23, NO. 30

WEEK 12 OF 20



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.



SWEET CORN

Refrigerate sweet corn as soon as possible. Keep husks on until ready to prepare. Eat or freeze within a few days.



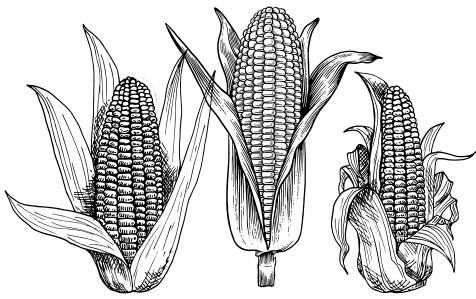
PEACHES

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.



TOMATOES

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



OH CORN, SWEET CORN

As of last week, sweet corn is here! Few summer staples bring us as much joy as fresh sweet corn on the cob. This is a celebration on the farm each year because sweet corn season is short and, oh, so sweet.

John creates the farm's planting schedule with the intent to have sweet corn several weeks throughout the summer. The plan is to have a new patch ripen every 10 days or two weeks through August. Each sweet corn crop is a little different for various reasons of variety and climate, and will be beautiful in its own right.

But the perfect ear is not an easy thing to achieve, especially when growing it organically.

Corn is biologically tricky to grow and make look good. In the U.S., Corn is in thousands of foods, drinks, cosmetics, and plastics. It's also most commonly used grain for beef, dairy, pork, and poultry. But sweet corn is not the same as cow corn. Genetic modification of corn is the norm, not the exception. There are lots of misconceptions about corn, so we will try to clear up the more popular ones.

How Humans Started Growing Sweet Corn

Corn is a tall grass that produces a cereal grain. Its ancestral roots are in Mexico, where it was cultivated by indigenous peoples as the maize plant. It's known as one of the earliest domesticated plants, and by extension, the beginning of agriculture in this hemisphere.

Seeds from the best plants would be saved for the next crop. By selecting for ear size, kernel size, and how easily it could be ground for meal, people discovered if you grow two different kinds next to each other, the resulting crop was better than either one by itself. This is now known as cross pollination, which creates hybrid vigor.

As the Native American people were growing corn for dry grain, there is evidence they may have begun to eat the kernels while still soft, possibly because of the need for sustenance during long dry summers. This led them to purposely cross-pollinate different types and select certain varieties for sweetness and taste.

Many years later, there are now thousands of commercially available varieties for farmers and gardeners to grow. The varieties may be yellow, white, or bi-color and range from traditional open-pollinated heirloom varieties, to hybrids developed through cross-pollination, to genetically modified organisms.

Why is Growing Sweet Corn So Tricky?

When the plant reaches sexual maturity, the tassel at the top (the male part of the flower) sheds millions of pollen grains. These are carried by the wind, and can stay airborne for miles.

The female portion of the corn flower is the ear, with thin hair-like silks that extend into the air to catch the falling pollen. Each silk is actually a tube that must catch a pollen grain, then migrate it through to the cob to fertilize the zygote, forming an individual kernel. If any of these silks are damaged, the kernel just doesn't form.

Sometimes the damage to the silk is dealt by the elements. Extremely hot and dry weather can shrivel the silks, which would prevent the pollen grain from being transported to the cob properly. There are also silk-clipping pests that wreak havoc, such as Japanese beetles and June bugs, that like to eat the fresh and tender silks at the root, severing the connection point for the pollen.

Being that we farm organically, it presents an extra challenge in that we do not use insecticides that would otherwise thwart these corn attackers so instead we rely on deterrents and protections.

Funny enough, we've figured out that mylar birthday balloons hung on 12 to 15 ft poles do an excellent job of scaring off the droves of blackbirds, who peck through the husk to get to the developing kernels. For the more savvy predators like raccoons, skunks, deer and coyotes, we use temporary electric-net fencing.

Be Aware Of The Effect That GMOs Have on Organic Farming

Absolutely no GMOs are allowed in USDA Certified Organic foods. Organic corn farmers must have a physical separation from a neighbor's GMO corn crop and must also have a pollination date buffer to prevent cross pollination and infection of the organic crop.

The sweet corn you get from Elmwood Stock Farm is not GMO, but rather corn raised with careful consideration of organic principles when navigating production systems. Sometimes we cut away that troublesome little bit at the tip, so you have access to all the responsibly raised good stuff under the husk. You can enjoy every kernel for what it really is.

Find our sweet corn while it's here – the short harvest season is not one you want to miss!

-Mac Stone



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