



HIBACHI-STYLE SESAME GINGER ZUCCHINI

Adapted from Forks and Folly

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| 3 large zucchini | 1 tbsp sesame oil |
| 1 tbsp ginger | Sesame seeds |
| 2 tbsp soy sauce | Cilantro |

1. Chop the zucchini into evenly sized chunks. Slice off ½ in rounds, then either cut those into quarters or six pieces, depending on how big each round was.
2. Whisk together the ginger and the soy sauce and set aside.
3. Heat a large skillet to medium high (almost high-high) heat and pour in the sesame oil. Add the zucchini in a nice, even layer. DON'T stir. Seriously, just leave it be. This is the most important step. Letting it sit lets it get the nice char. Otherwise, things can get mushy.
4. After about 3-4 minutes, give the zucchini one nice toss. Again, let it sit for another three minutes or so.
5. Time to toss it again. You'll see some nice caramelization now. Reduce the heat a tad and pour in the sauce. Give everything a stir, and allow the flavors to hang out in the pan and let some of the liquids evaporate, another 2-3 minutes. Give it a toss once or twice, but not so much that the zucchini breaks apart.
6. Serve the zucchini in a bowl, garnished with sesame seeds and cilantro.



HOMEMADE TOMATO SAUCE (FOR PASTA, PIZZA, OR DIPS)

Adapted from Eat Something Vegan

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|--------------------------------------|-------------------------|
| 3 lb medium tomatoes | 1 tbsp tomato paste |
| 2 tbsp extra-virgin olive oil | 2 tsp balsamic vinegar |
| ½ cup finely minced shallot or onion | ¼ tsp cane sugar |
| 2 large garlic cloves, finely minced | ¼ tsp dried oregano |
| ½ tsp sea salt | ¼ tsp red pepper flakes |
| freshly ground black pepper | 1 sprig fresh basil |

1. Slice the tomatoes in half and scoop out the seeds. Set a box grater over a large bowl and press the cut side of the tomato flesh against the large holes of the grater. Grate the tomato flesh into the bowl, leaving the skins behind.
2. Heat the olive oil in a medium pot over low heat. Add the shallot, garlic, salt, and a few grinds of pepper and cook for 3 minutes, stirring often.
3. Add the tomatoes, tomato paste, balsamic vinegar, cane sugar, oregano, red pepper flakes, and basil sprig. Cover and simmer over low heat for 30 minutes, stirring occasionally. Remove and discard the basil sprig and season to taste.

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SUMMER CSA NEWS



OKRA

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.



SWEET CORN

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



SPAGHETTI SQUASH & ONIONS

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



PEACHES & NECTARINES

Allow unripe fruit 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.



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.



TOMATOES

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



SOME COMMON FOOD MYTHS

Many shoppers at the market have ideas in their head about food, which guides their decision making, often leaving them frustrated and empty handed.

Some ideas come from BIG food marketing campaigns with the help of the USDA and FDA. Other ideas go back to individuals remembering childhood days of visiting their grandparent's farm. Unfortunately some of these people are missing out on some really good food because of these misconceptions.

New Potatoes

Let's start with "new potatoes." For some reason, many people think this means small, round red potatoes, and are the only kind that should be cooked with green beans. In fact, new potatoes are any and all varieties when freshly dug.

These spuds are almost as exciting as the first tomato of the season. Potatoes get bigger depending on variety and growing conditions, and then the skin develops around them as a protection mechanism.

We usually get excited to sample the crop and dig some before the skin is fully set,

meaning a little thinner. These are hard to handle as the skin has a tendency to smudge, making them un-sightly, but they are really really good. The tubers have a higher moisture content, and even take longer to cook. We will finish harvesting the rest of the crop varieties in the coming weeks, when the soil moisture conditions are right, and you will have many shapes and sizes of "new" potatoes to enjoy going into the fall season. With a good skin set, the natural quality control mechanism will allow us to provide them to you throughout the winter.

Silver Queen

This time of year people still ask if we have "silver queen corn." When we tell them we have a nice white or bi-color super sweet variety, we get an indignant look of disgust and they storm off in search of silver queen. Silver queen was one of the early corns bred for sweetness and white color, to distinguish itself from its yellow field corn predecessors.

Back in the day, people ate "roasting ears" which were simply immature ears of corn, grown for grain for livestock. The window when these were good was quite short, being the sugars had not turned to starch yet. Silver queen was also bred to slow this transition of sugar to starch and grow a big ear on a big sturdy stalk.

However, when an ear of corn is pulled from the plant, the sugars begin the transition to starch as a self-protection mechanism in an effort to develop a viable seed. The thousands of "super sweet" varieties are bred to

slow this transition of sugar to starch after harvest along with many other production and eating quality attributes. Quick cooling also slows this natural progression. If you can get the water hot before you pick the corn, then by all means enjoy some silver queen corn. Otherwise, enjoy the many better varieties of sweet corn we offer. Be aware there are many varieties of GMO sweet corn on the market, but our certified organic offering will never subject you to these.

Fresh Chicken

Many potential customers say they only like fresh chicken and refuse to buy our frozen organic chicken at the market. It's just not feasible for us to harvest on a weekly basis, so offering frozen product is the best for everybody.

The "fresh" chicken in the grocery store is a bit of a misnomer, as "thawed" might be a more accurate term. BIG chicken is allowed to hold product at 26 degrees F, then sell it as fresh. A whole chicken at 26 degrees would feel hard, like a bowling ball. A while back, the USDA changed this designation to help balance the supply and demand of perishable products. So, many shoppers are passing up an opportunity to enjoy non-GMO fed, pastured, certified organic frozen chicken, to eat a thawed, who knows how it was raised product.

There are many more of these myths about food and we are glad to discuss them with you at a farm tour. Be sure to educate yourself about the food you source, but please do not get hung up on ideas that keep you from enjoying the best there is from Elmwood Stock Farm.

Mac Stone



SUMMER FARMERS MARKET SCHEDULE

CINCINNATI

Hyde Park Sun, 9:30am - 1pm

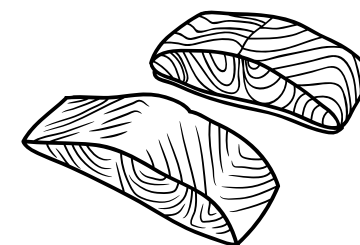
GEORGETOWN

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

LEXINGTON

Downtown Sat, 8am-2pm

Southland Sun, 10am-2pm



WILD-CAUGHT ALASKAN

SOCKEYE SALMON IS HERE

We're so proud to offer this rare treat! Add it to your share and we'll deliver with your veggies!

Sourced from our friends at Citizen Salmon Alaska.