

SOUTHERN-STYLE DIRTY CABBAGE WITH ANDOUILLE AND GROUND BEEF

Adapted from Sparkles to Sprinkles

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|----------------------------------|---------------------------------|
| 1 pack Elmwood Andouille sausage | 4 garlic cloves, minced |
| 1 red pepper, diced | 1 head cabbage, roughly chopped |
| 1 yellow pepper, diced | 1 tsp garlic powder |
| 1 medium onion, diced | 1 tsp beef bouillon |
| 1 lb ground beef | 1 to 2 tsp Cajun seasoning |

1. In a large skillet or pot, cook your sliced sausage until nicely browned. Remove it from the pan and set aside. (Optional is to add 1 T of avocado oil to the pan. People cook sausage differently, so cook it to your preference.)
2. Add in your peppers and onions. Allow them to begin cooking down slightly.
3. Once they start to soften, push them to one side of the pan, leaving half of the pan empty.
4. Add your ground beef to the empty side of the pan and brown it.
5. Halfway through cooking the beef, add in the minced garlic and allow it to begin cooking.
6. Add in your cabbage and allow it to start cooking down and releasing some liquid.
7. Once the cabbage has released some moisture, add in your seasonings.
8. Allow the cabbage to cook to your desired softness.
9. Add the sausage back into the pan and stir everything together to combine.

OKRA, TOMATO, AND CORN GUMBO

Adapted from Somewhere Down South

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|---|---------------------------------------|
| 6 slices thick bacon* | 2 large tomatoes, chopped |
| 1 cup onion chopped | Creole seasoning, to taste |
| 1 clove garlic, chopped | 2 ears corn, kernels cut from the cob |
| 2 cups fresh okra, de-stemmed, sliced
in ¼ in slices | Cooked white rice |

*Omit to make this recipe vegetarian. Replace bacon grease with oil of choice.

1. Fry bacon and set aside on paper towels to drain. Reserve 2 tablespoons of bacon grease in the same skillet.
2. Add onion to bacon grease and cook until it softens. Add garlic, cook for ~1 minute. Add chopped okra, sauté for about 5 minutes over medium heat.
3. Add tomatoes, stir together, cover the skillet, and cook approximately 10 minutes, stirring frequently, until the mixture is juicy and the okra is tender.
4. Add creole seasoning to taste. Add fresh corn kernels, cover and cook for another 5-7 minutes or until the corn is crisp tender.
5. Serve over hot white rice. Sprinkle with chopped, cooked bacon.

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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.



FALL SQUASH & ONIONS

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



PEPPERS

Refrigerate for 7-10 days. Once cut, store in a bag in the fridge and use within a few days.



POTATOES & CABBAGE

Refrigerate immediately. Store in the crisper of your fridge until ready to use, will keep a long time. Keep dry.



TOMATOES

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



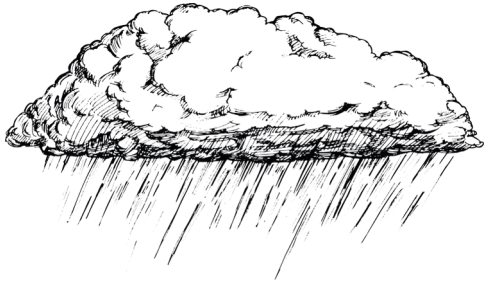
GARLIC

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



RADISHES

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



EVERY DAY IS A 50% CHANCE OF RAIN

His face was always scruffy, a country boy turning into a wise old-timer. We worked together over twenty-five years ago. One day in his dually truck cruising down the center of a narrow county road, over hills and around curves, I casually asked him if he thought it was going to rain today. He matter-of-factly said, "Fifty-fifty chance of rain. It will either rain or it won't."

At first, I took it as a smart-aleck joke, but since then I've decided he's right.

Fifty-fifty is not very good odds if you're a farmer counting on rain to feed your crops. Historically tobacco farmers in this area had some rudimentary 4" diameter, 30' long aluminum pipes; they'd stick one end into Elkhorn Creek, hook the other to the pump, driven by the PTO (power take off) of a tractor, and lay great lengths of pipe out through the crop fields with sprinkler heads every so often.

The 30' aluminum pipes don't go around curves very well nor over humps or dips, so it was a general pain in the neck, but it was a rescue from deep drought.

Every season, farmers had to make the decision of setting up the pipes or put

their hope in the next storm to bless the crop with lifesaving moisture.

There are plenty of stories of rain coming by the time they got it all set up and running right. If they went to all the trouble to set it up it would usually stay out just in case it did not rain enough to help, but then it was in the way.

Despite the imperfections, everybody had a pump tucked away in a barn somewhere, and a pipe wagon behind it, because when the farmers needed that system, they had to have it.

Fifty-fifty are even worse odds if you are a produce farmer, since each crop has unique water requirements. Therefore, we have invested in several water delivery systems to hedge our bets when we find ourselves on the wrong side of the equation. There are two basic systems, trickle and overhead, and a third if you count float tanks in the greenhouse.

Irrigation starts with the source, and ours are the North Fork of Elkhorn Creek and Kentucky American Water Company. Municipal water is convenient for year-round use in the greenhouses and high tunnels, while field crops are nourished by the creek. We invested in an underground trunk line from the creek to the round field in the back, with a flip-the-switch electric pump at the creek. The line follows the borders of several fields and risers are installed for access to the line when new crops are rotated in.

One way we hedge our bets is to raise high value crops, like tomatoes, with a strip of trickle irrigation tape running underneath the rows of mulch which helps to conserve soil moisture from evaporation.

The tape has drip outlets built in every 12" and swells when charged with water. A consistent water supply is crucial. For example, lack of moisture in tomatoes causes blossom end rot while a big burst of rain swells the fruit faster than the skin can grow, effectively ruining them by splitting them open.

For many crops, we run a flexible plastic lay-flat hosing from the port, or water valve, along the edge of the field with connectors at each row. We can drive over these lines, but lines can be damaged by mowers and cultivation equipment.

Between the water pump and the tiny emitters along the rows is a filter, to capture particulate matter from the intake pipe so that the holes in the tape don't get stopped up. When this system is set up and working properly, we can easily deliver the water to these crops on a regular basis and even adjust it to run less when it rains.

For some crops that are grown in the heat of the summer, we'll use tiny sprinkler heads spaced out at intentional intervals down the row. Setup on a timer to come on and go off multiple times daily, the water will both provide needed moisture to the plant roots, but also act as a mister to reduce the temperature of the micro climate around the plant, giving

it more optimal growing conditions. It's a lot of work to setup, take down, and move to the next crop, but is a requirement for leafy greens and such in the heat of the summer.

Out here on the banks of the Elkhorn, we usually get enough rain for the pastures and hay fields to sustain our livestock and soil building program. But produce is another story. The hot weather of late has us running the pump for some crop or another most all the time; it is part of daily chores.

With the need for water to the plant roots, we are thankful for technological solutions to aid in crop production, since it will either rain or it won't.

-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