



SILKY ROASTED DELICATA PASTA

Adapted from Family Style Food

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| 1 delicata squash, about 16 oz | 2 big handfuls washed baby greens,
such as spinach, kale, or arugula |
| 2 tbsp extra virgin olive oil | |
| ½ cup sliced red onion | ⅓ cup (80 ml) heavy cream |
| 1 finely chopped garlic clove | ¼ cup (25 g) grated fresh Parmesan
cheese, plus more for serving |
| ½ tsp crushed red pepper | 1-2 tsp balsamic vinegar, to taste |
| ½ tsp kosher salt | |
| 8 oz dried rigatoni or mezze rigatoni | |

1. Heat oven to 425 degrees F. Trim stem and root end off squash and slice in half lengthwise. Scrape a spoon along down the length to remove seeds and strings. Slice each half in half again, then cut into ½-inch wide chunks.
2. Put squash in a large mixing bowl with olive oil, red onion, garlic, crushed red pepper, and salt. Toss to coat, then transfer to a 13"x15"rimmed baking sheet.
3. Bake 20-25 minutes, stirring halfway through, until squash is tender and brown.
4. While squash is roasting, bring large pot of salted water to a boil. Add rigatoni and cook until al dente. Before draining the pasta, add 2 big handfuls of baby greens to the colander. Brief contact with the pasta water will wilt the greens.
5. Transfer pasta and greens back to the pasta cooking pot and stir in ⅓ cup heavy cream and ¼ cup grated fresh Parmesan cheese.
6. Drizzle balsamic over the squash as soon as it comes out of the oven and stir gently. Add the squash to the pasta and toss together. Serve hot with additional cheese to your taste.



SPICED D'ANJOU PEAR BREAD

Adapted from Food.com

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| 2 cups brown sugar | 1 tsp baking soda | 4 very firm d'Anjou pears,
peeled, cored and thinly sliced |
| 1 cup vegetable oil | 1½ tsp cinnamon | 3 cups all-purpose flour |
| ¼ cup molasses | 1½ tsp ground ginger | |
| 3 eggs | ¾ tsp ground cloves | |
| 1 ¼ tsp salt | ¼ tsp ground allspice | |

1. Preheat oven to 350F. Generously grease two large (9X5-inch) loaf pans. Line the bottom and sides with a long piece of greased waxed paper, leaving enough length at the sides to lift a loaf out of the pan.
2. In a large bowl, combine brown sugar, vegetable oil, molasses, and eggs; mix in salt, baking soda, cinnamon, ginger, cloves, and allspice.
3. Stir in pear slices, coating them evenly; stir in the flour. Pour batter into prepared loaf pans. Bake for 50-65 minutes.
4. Allow loaves to cool in pan about ten minutes before removing them and placing them on a wire rack to cool.

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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.



FALL SQUASH & ONIONS

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



POTATOES & CABBAGE

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



GARLIC

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



D'ANJOU PEARS

To ripen, set out at room temp. To speed up ripening, store in a closed bag on the counter. Store in fridge long term.



PEPPERS

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



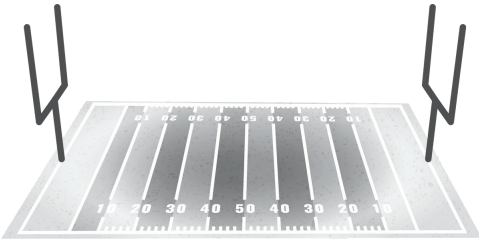
TOMATOES

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



CELERY

Cut the ends, stand up in a jar of water in the fridge. Be sure to use all the leaves, it's the best part!



THE HOME TEAM ADVANTAGE

My dad was not enamored with the grandiose consolidated high school that sprang up in a cornfield at the intersection of three or four towns that were losing their hometown high school identity. Most everybody else was excited about new technologies and the efficiency at which they could steer kids through high school.

That was in the early 1970s.

I guess it all worked out, but what my dad was lamenting was the loss of developing leaders. There would now only be one captain of the football team, senior class president, and valedictorian where before there were four. He'd had a chance to lead his Owensville Kickapoo's leather helmet six-man football team to victory.

They played the other towns, and everybody knew everybody. He knew he would not have been picked to be quarterback and learned the life lessons of team sports at that behemoth of a consolidated school.

Dad enlisted in the Marine Air Corps (they were glad to find a farm kid with machinery experience) on Pearl Harbor Day, served in the South Pacific, loved his wife, life, and kids and his career in

private aviation. Mom and Dad are buried on a knoll overlooking his farm—and Gibson Southern High School—at Blythe Chapel, a classic country church with a bell heard for miles.

The new high school made sense in that community, where the farmland was steadily consolidating into the hands of fewer and fewer farm families enchanted with all the post-war ag technologies that exploded onto the landscape. Bomb materials were converted into fertilizer. Truck and tank technologies transformed into tractors and modes of conveyance. GPS-controlled spray nozzles appeared on autonomous tractors. Proprietary, genetically manipulated seeds eventually became the norm.

The change has been incremental, in the name of science, over the last half century, and that has led us to a technically efficient food system. “Get big or get out” is still the mantra of mainstream agriculture today. While technically efficient, I wonder if this is the best way to ensure a steady supply of food for this nation?

For example (don't hold me to the exact numbers; but they are close and relative to the others), a dozen or so companies control some 80 or 90 percent of the milk market. I was told, by a reliable source, that at one point four of the CEOs lived in the same gated community outside Dallas, TX.

One outlier among the larger stakeholders is Organic Valley—a true co-op where farmers participate in decision-making. They say if you think you understand the federal Milk

Marketing Order—the matrix of formulas that determine how much the farmers and processors and haulers make per hundred weight of raw milk—then it has not been properly explained.

A handful of multinational corporations control some 80-plus percent of red meat processing and distribution. Price fixing court cases have been ongoing for decades, and entanglements with federal regulators and regulations make you wonder who is minding the store.

When I asked our abattoir if he could give a USDA quality grade to our pork in the same way he does our grass-fed beef, he replied that the USDA no longer has pork-grading standards since the companies didn't like them.

It's much the same in the poultry world. Each mega-corporation has their own sworn-to-secrecy proprietary seed, feed, and genetic bird strains to hit that 90 percent mark of the global market.

This is no fault of the farmers—they were driven to this point by following the science and everybody saying it was a good thing. Until it wasn't.

In contrast, folks in the organic and sustainable farming community are transparent with one another: which varieties perform best in cold weather, where to source insect protection netting, the pros and cons of chicken tractors—these conversations can go on for hours. We share with neighbors what we've learned, even if they grow and sell the same things we do. They are not our competition. The competition is with Mother Nature and all of the challenges of weather, plant disease, and insects.

Each winter, the Organic Association of Kentucky's annual conference is held at the end of January, where a wealth of information will be shared amongst farmers of how to do what we do.

The way I figure it, our country is 70 years into the post-war industrialization of the nation's food supply, and our community is 25 years into the decentralization of the local food movement. With more and more quarterbacks on more and more football teams, small farmers can shuck and jive around the big, bad behemoths.

As the son of an Owensville Kickapoo Marine, I'm gonna give it my best shot as efficiently as it makes sense. I learned as a youngster to put things back better than we left them, and that holds true as a tenet of organic and sustainable farming.

Know that you have the ability to support your hometown team with your food choices. Thanks for your support.



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