

## SUMMER CSA NEWSLETTER, WEEK 6



Okra

Cucumbers

Pastured Eggs

Potatoes

Lunch Box Peppers

Purple Basil

Whew...is it over yet?

Summer, I mean. Wow, it is hot and humid outside! Right now I am experiencing quite a shocker from the frigid, conditioned air on my sweat soaked t-shirt. Trust me though, I'm not complaining. The hours I spend in the office are just the break I need from the sweltering summer heat. In all honesty, I wouldn't have it any other way. Granted, as the market manager I spend more time in the office now than I ever expected that I would in my career. Not quite the therapeutic, hands in the dirt, face in the sun detail I originally expected. It is funny the path that life tends to take when you begin working toward a passion or an ideal. I guess it is that way with everything, and I guess life can take you where it wants. After all, I'm just a passenger, but so far I like the ride. In January, after a year of labor in the fields, my ride took a drastic turn into a new path. A promotion and a chance to do something that fit right into my skill set, build a farmer's market. *Once again, not what I planned, just how it panned out.*

It was time for change and time for growth in CENLA, and the veggies demanded to be sold, so we set out to do just that. January 25<sup>th</sup>, 2014 will mark the day that the Inglewood Harvest Barn Market was truly established, and the rest will be history. Sure, it is easy to go to a grocery store at any hour of the day and purchase organic produce from Canada, or find canned tomato sauce loaded with

preservatives. It is great to pop in at the corner store and purchase meat that may be organic, but who knows how it was raised. Or maybe, just maybe, you prefer to know your farmer. You prefer to experience the fresh taste of produce with dirt still on its' roots and hear the distant oinks, clucks, quacks and other noises of the animals producing that valuable protein that you love so much. I don't know maybe I'm crazy, but I believe that all of the hours we spend calling vendors, advertising, planning events, growing food and raising animals means something. Not just to me and mine, but to you and yours and they and theirs!! Markets bring life and color and community to a people that deserve to have each other. They bring people together and allow us to share in the flavor of our land, and to me that makes all the long hours, the hard work and the sweltering summer heat all worth it. Like I said before, I like the ride.

## Recipes:

**“Bregg”**- a.k.a. “Egg in a basket” “Bird in a hole” and many other names

I decided that since no one can decide on a universal name for this recipe, I would take the opportunity to give it an official name. *“Bregg,” short for Bread and Egg*

Ingredients:

Homemade Bread (Possibly from Anna Magee at Pane Fresco)

Inglewood Pastured Eggs

Basil

Salt, Pepper, Paprika or Cayenne

Butter (Possibly from Flowing Hills Creamery)

Large Cast-Iron Skillet (Momma says so)

Cut bread into  $\frac{3}{4}$  inch slices, then cut 2-inch hole in center of bread. Melt butter in the skillet at medium heat then add bread and lightly toast. Crack egg into the center of the bread, and lightly season with salt and pepper. Add more butter in the pan if necessary, then as soon as the egg is golden brown (about 2 minutes) use spatula to flip the “Bregg” and toast on that side for about 1 more minute. Less time if you like your egg runny or more if you like it over-hard. Serve onto plate. Sprinkle with paprika (or cayenne if you are like me) then top with chiffonade of basil.

**Bacon-Wrapped Stuffed Okra** - A nice twist on a favorite and something new to do with Okra.

Cut Okra length-wise and remove seeds. Fill with softened cream cheese or chevre – not too much.

Half bacon strips length-wise and use the strip to wrap around okra. Grill or bake in the oven until the bacon is crispy.

Enjoy!!

- *Farmer Stephen*