

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Pick-Up 10am - 1pm 🏠
4 🌞	5	6 Pick-Up 4-7pm 🏠	7	8	9	10 Pick-Up 10am - 1pm 🏠
11	12	13 Pick-Up 4-7pm 🏠	14	15	16	17 Pick-Up 10am - 1pm 🏠
18	19	20 Pick-Up 4-7pm 🏠	21	22	23	24 Pick-Up 10am - 1pm 🏠
25	26	27 Pick-Up 4-7pm 🏠	28	29	30	31 Pick-Up 10am - 1pm 🏠

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Pick-Up 4-7pm 🏠	4	5	6	7 Pick-Up 4-7pm 🏠
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ABOUT ELIJA FARM

ELIJA Farm is a sustainable, non-profit farm in South Huntington, NY committed to using environmentally responsible practices to raise high quality produce. The ELIJA Farm CSA is dedicated to enriching the health and wellness of our community through dynamic learning opportunities to its diverse membership.

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ELIJA THYMES

Growing Roots for a Sustainable Future

IN THIS ISSUE

- Weekly Harvest
- Crop of the Week
- Veggie Profile
- Lil' Farmers Corner
- ELIJA Farm Giveaway
- Make the Most of Your Share
- Tips and Tricks
- Pick-Up Schedule

WEEKLY HARVEST

Tomatoes
Beans

Your share will likely include:

Peppers
Thyme
Garlic
Salad Mix



CROP OF THE WEEK

GARLIC

Egyptians, Vampires, and more

I think we can all agree that garlic is AWESOME and a great way to add flavor to nearly anything. I think people thousands of years ago probably thought this too, considering they grew garlic and a lot of it! Some records date garlic back nearly 5000 years ago in Egypt and India and 4000 years ago in China. Garlic grows wild in Central Asia, but has spread from its origin all over the world!

Garlic also has other purposes, not just for food. In Egypt, it was considered a god and used as a currency. Clay garlic bulbs were even placed in Egyptian tombs! According to some archaeologists, garlic was used to pay and feed workers building the pyramids. A garlic shortage caused by the Nile flooding, caused the slaves to revolt and stop working. Or maybe they just liked garlic to ward off vampires... You may have heard this folk-tale before. Some might say that garlic wards off vampires because of its smell, or that it can fight infection, and even that it helps fight off

evil spirits. Whatever the reason, unless you are a vampire, you will probably love garlic just as much as we do!



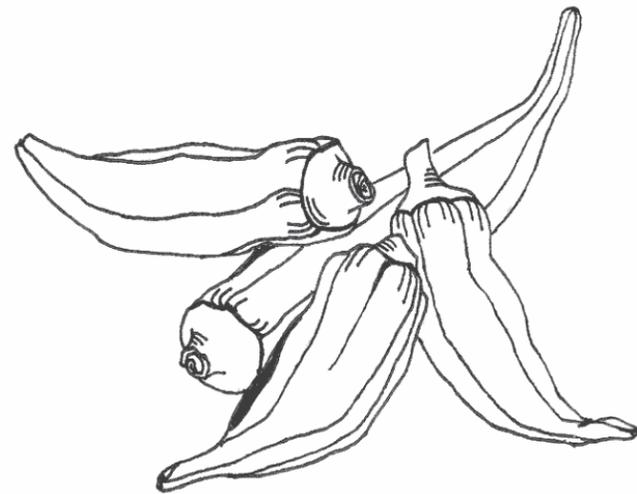
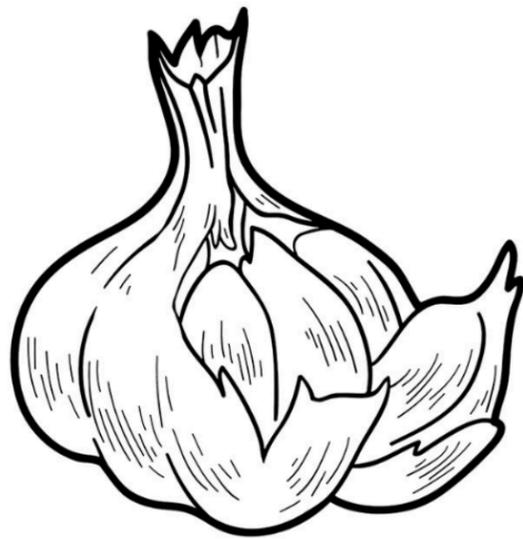
VEGGIE PROFILE: OKRA

Okra, a small seed pod, is native to Ethiopia and was brought over by enslaved people centuries ago. Okra can be cooked whole or sliced, and then either fried, sautéed, grilled, or roasted. Okra is famous in southern dishes like gumbo! Okra is very valuable as it is primarily grown in the south and other warm regions around the world, so be sure to use it up!



LIL' FARMERS CORNER

COLOR THE GARLIC AND OKRA



ELIJA FARM INSTAGRAM GIVEAWAY

ELIJA Farm is partnering with Rustic Root of Woodbury for a very special giveaway! There is only a short period of time left to get your entries in, so don't miss out on this special opportunity.

Scan the QR code to the right for information on how to enter to win a \$200 gift card graciously donated by one of our biggest supporters: Rustic Root!



MAKE THE MOST OF YOUR SHARE PAN ROASTED OKRA WITH GARLIC

INGREDIENTS

- 3 cups fresh okra rinsed, sliced horizontally in 1 inch pieces
- 3 cloves fresh garlic thinly sliced
- 1-2 tablespoons olive oil
- Kosher salt

INSTRUCTIONS

1. In heavy skillet (preferably cast iron), heat olive oil until shimmery and add sliced garlic. Saute for about a minute, but don't let it burn.
2. Remove with slotted spatula and set aside.
3. Add the okra and saute for about 10 minutes, until tender



4. Add the salt to taste and return the garlic back to the pan and saute for another few minutes just to finish. (If the pan gets too dry, you can always add a little water.)
5. Enjoy!

MAKE THE MOST OF YOUR SHARE BONUS RECIPE! ROASTED GARLIC

INGREDIENTS

- One or more whole heads of garlic
- Extra virgin olive oil

INSTRUCTIONS

1. Preheat your oven to 400°F (205° C): A toaster oven works great for this.
2. Peel and discard the papery outer layers of the whole garlic bulb. Leave intact the skins of the individual cloves of garlic
3. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves. This exposes the individual cloves of garlic.
4. Put garlic in baking pan or muffin tin: Place the garlic heads in a baking pan, cut side up. (A muffin pan works great for this, as it keeps the garlic bulbs from rolling around.)
5. Drizzle with olive oil: Drizzle a couple teaspoons of olive oil over each exposed head, using your fingers to rub the olive oil over all the cut, exposed garlic cloves.
6. Cover the bulb with aluminum foil.
7. Bake at 400°F (205°C) for 30-40 minutes, or until the cloves are lightly browned and feel soft when pressed.
8. Cool and remove roasted garlic cloves from their skins: Allow



9. Eat as is or mash with a fork and use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta.
10. Enjoy!

TIPS AND TRICKS

Storing Cilantro

Most cilantro you bring back from the grocery store are "wet" because they are "misted" at the grocery store to keep them fresh looking. You can spread them out on a clean surface and let them air dry a little bit for about 10 – 15 minutes. Line a paper towel and then transfer the cilantro on top and use another absorbent paper towel and gently pat any excess moisture dry as much as you can. The drier they are, the longer they'll keep.