



REMEDY REPORT

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What's INSIDE

Happy July! In this issue of the Remedy Report, we share what produce will be growing fresh during this summer season, and lots of fun ways to incorporate that produce into your meals and treats throughout the day. We also have a couple of interview questions with our very own Farmer Larry. Thanks to him and his incredible team, our campers, counselors, and veterans get to enjoy fresh produce all summer long! As always, we hope you enjoy!

SUMMER FRUITS & VEGGIES

APRICOTS
BEETS
BELL PEPPERS
BLACKBERRIES
CANTALoupES
CORN
CUCUMBERS
GREEN BEANS
OKRA
PEACHES
RASPBERRIES
STRAWBERRIES
SQUASH
TOMATOES
WATERMELON

A Moment with Farmer Larry

Larry Dove is our Director of Organic Farming and Operations. Larry has been with Camp Southern Ground since the beginning and was instrumental in obtaining the certification for our organic farm. In addition to educating our campers in the summer, he oversees all farming operations and works with our culinary team to ensure the appropriate harvest yield based on the quantities needed to help feed our summer campers and counselors.

What's your favorite thing about farming?

Taking a seed and seeing it all the way to produce on the table. It's a long and sometimes tedious journey but so worth it in the end.



What is your favorite type of produce that comes out of the CSG garden?

Tomatoes. I'm a tomato snob and pride myself on growing the best flavored tomato; acidic, not too sweet.

How do you feel about the kids getting access to farm fresh produce?

The walks in the garden we give the campers provides the opportunity to sample tomatoes, blueberries, and carrots, fresh, right out of the garden. That experience plants seeds in their minds of the possibilities at their fingertips. Fresh produce they can grow, they can feed themselves!



Farmer Larry's favorite summer recipe is cucumber gazpacho, so here are a couple of cold soup recipes for a hot, summer day!



CUCUMBER GAZPACHO

Ingredients

- 4 medium English cucumbers, sliced
- 1 cup Greek yogurt
- 3 tbsp extra-virgin olive oil, plus extra for drizzling
- 2 tbsp fresh lemon juice
- 1 tbsp red wine vinegar
- 1/4 cup fresh dill
- 2 scallions, thinly sliced
- salt and pepper

Directions

1. Place cucumbers, Greek yogurt, olive oil, lemon juice, red wine vinegar, and fresh dill in blender.
2. Blend until completely smooth and creamy. Season with salt and pepper to taste.
3. Transfer the gazpacho to a container and place in refrigerator to cool for a minimum of 2-3 hours.
4. Once the gazpacho is fully chilled, taste and adjust the seasoning adding additional salt, pepper, and lemon juice, as needed.
5. Serve the gazpacho with sliced scallions and a drizzle of olive oil. If desired, sprinkle additional chopped cucumber as garnish.



SUMMER SWEET CORN GAZPACHO

Ingredients

- 4 ears sweet corn
- 1 small cucumber, peeled and deseeded
- 1 yellow bell pepper
- 1 cup yellow cherry tomatoes, or 1 large yellow tomato
- 1 small shallot
- 2 cloves garlic
- 1 small jalapeno, optional
- $\frac{1}{3}$ cup extra virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons sherry vinegar
- 2 teaspoons kosher salt

Directions

1. This corn gazpacho really only has 2 steps! Prep the veggies, then blend!
2. Slice the corn kernels off the cob. Then take each ear of corn and use the back of your knife so scrape any remaining pulp into a bowl. This helps add an even more creamy texture to the gazpacho. If desired, reserve about $\frac{1}{3}$ cup of the kernels for garnish.
3. Peel and de-seed the cucumber (this helps keep the gazpacho from turning green).
4. Peel the shallot and garlic, then de-seed both the yellow bell pepper and jalapeno.
5. In a blender combine the corn, cucumber, yellow bell pepper, tomatoes, shallot, garlic, jalapeno, olive oil, lemon juice, sherry vinegar, and salt. Then blend until completely smooth.
6. If the gazpacho is too thick, you can blend in a little extra olive oil or a couple tablespoons of water until your desired consistency is reached.
7. Taste and adjust the seasonings as desired!
8. To let the flavors develop even more, chill in the fridge for at least 2 hours before serving.
9. Then garnish with the reserved corn kernels, sliced cherry tomatoes, fresh basil, and a drizzle of pesto oil and flaky sea salt.

Great ways to sneak some summer produce into your day!



LEMON POPPY SEED SQUASH BREAD

Ingredients

- 1 cup butter melted
- 2 cups (15 ounces) granulated sugar
- 1/2 tablespoon finely grated lemon zest from about 1 • large lemons
- 1/4 cup fresh lemon juice from about 1 1/2 large lemons
- 1 teaspoon pure almond extract
- 1/2 teaspoon pure vanilla extract
- 3 large eggs
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3 cups (15 ounces) all-purpose white flour divided
- 2 cups (about 1 pound) grated yellow summer squash from about 2 small to medium summer squash
- 1 tablespoon poppy seeds

Directions

1. Preheat oven to 325 degrees F. Place oven rack in the center of the oven. Generously spray two 8.5-inch loaf pans with cooking spray and coat evenly with flour to prevent sticking.
2. In a large mixing bowl, add melted butter, white sugar, lemon zest, lemon juice, almond and vanilla extract and cream together until fluffy and light in color.
3. Add the eggs, one at a time, and mix until fully incorporated before adding another.
4. Evenly sprinkle the salt, baking soda, and baking powder over the top of the mixture and mix well.
5. Add the flour one cup at a time and mix entirely between additions.
6. With a rubber spatula, gently fold in the summer squash and poppy seeds.
7. Divide the batter evenly between the two prepared loaf pans.
8. Bake at 325 degrees F for 60-65 minutes or until a skewer inserted into the middle of the loaf comes out clean. Be careful not to check the loaves early or you may cause them to sink slightly in the middle.
9. Place loaves on cooling rack to cool 5-10 minutes before carefully removing from the loaf pans to cool completely (about an hour). Store covered well for about three days or loaves can be frozen.

HONEY ROASTED BEETS & CARROTS

Ingredients

- 4 medium beets
- 4 large carrots
- 1 Tbsp. olive oil
- 1/2 tsp. sea salt
- 1 Tbsp. butter
- 2 Tbsp. honey
- 1 Tbsp. fresh herbs thyme, rosemary, dill, etc.



Directions

1. Preheat the oven to 450°.
2. Wash and peel the carrots and beets. Chop the vegetables into even 1/2 inch pieces.
3. Add the beets and carrots to a sheet pan and toss with olive oil and salt.
4. Spread the vegetables out on the pan and roast at 450° for 20-25 minutes or until they are tender. The cooking time will vary based on the size of the vegetables.
5. Meanwhile, in a small microwave safe bowl, melt the butter in the microwave. Whisk in the honey.
6. Remove the beets and carrots from the oven and pour the honey butter mixture over them. Toss until they are well coated.
7. Return to the oven for 5 minutes. Serve tossed with fresh herbs.

PEACH BLACKBERRY COBBLER

Ingredients

For the Filling

- 5 large peaches, peeled, pitted and sliced
- 4 cups blackberries
- 1/3 cup sugar
- 1/3 cup brown sugar
- 2 1/2 Tbsp lemon juice
- 1 Tbsp corn starch
- 1/2 tsp cinnamon

For the Topping

- 1 1/2 cups all purpose flour
 - 1/3 cup brown sugar
 - 1/3 cup sugar
 - 1 1/2 tsp baking powder
 - 1/2 tsp salt
 - 1 stick butter, cut into small pieces
 - 1/3 cup boiling water
- #### Additional Topping
- 1/2 tsp cinnamon
 - 1 Tbs sugar



Directions

For the Filling:

1. Preheat oven to 375°
2. Peel, remove pits and slice peaches, add to large mixing bowl.
3. Rinse blackberries and place in bowl.
4. Sprinkle sugar, brown sugar, lemon juice, corn starch and cinnamon over fruit and stir gently. Let sit for 5 minutes then stir again.
5. Pour fruit into an oval 2.5 - 3 quart baking dish.

For the Topping:

1. In a medium mixing bowl, whisk flour, sugar, brown sugar, baking powder and salt together.
2. Using a pastry blender, mix butter into flour mixture until mixture becomes crumbly.
3. Pour boiling water into flour mixture and stir until combined.
4. Spoon mixture over peaches and blackberries, spread gently making sure to cover the fruit completely.

For Additional Topping:

1. In a small bowl, mix cinnamon and sugar together and sprinkle on top of the cobbler.
2. Bake uncovered for 45-55 minutes or until topping is cooked thoroughly and has started to brown.
3. Remove from oven and let sit for about 10 minutes.
4. Serve warm topped with vanilla ice cream. Enjoy!