

Pleased with sweat in the August dust,  
We treasured the wet of summer swimming.  
Though hungry and itching, harvest we must  
'Fore going to the kitchen to see what is simmering.

How much raw sweet corn can a person eat? While erecting the electric fence for raccoon protection, the interns wondered how to fence Mark out. Apples, pears, cantaloupes, and watermelons also keep our farmer bellies happy in the fields, but not for very long. Here are a few late summer recipes common on the farm.

### Sweet Corn Omelet

2 ears of fresh corn

1`small onion

1 red pepper

½ bulb garlic

4 farm eggs

Saute diced onion in olive oil. When half-done, add chopped pepper and sweet corn (cut off of the cob). Add garlic for the last two minutes. Beat eggs well in a bowl, add vegetables, mix well and pour back into hot, oily skillet. Flip half-way over when almost done. Cheese can be grated on right before flipping. Turn off heat and let set for a few minutes, how long depends on how runny you like your eggs. Salt and pepper to taste. Serve with toast and sliced tomato.

Summer squash can be substituted for the corn.

### Cucumber Salad

Cucumber

Handful of Dill

Feta cheese

Wash and peel cucumber, you can leave some peel on of you want. Sprinkle with olive oil and balsamic vinegar. Finely chop dill and add to cucumbers. I like using the immature flower heads, or the young leaves. Salt and pepper to taste, then sprinkle on feta cheese. Serve with celery stalks.

### Tomato Sandwich

1 bulb garlic

1 onion

Tomatoes

Handful of Sweet Basil

Sourdough Bread

Cut of the top of the garlic bulb, pour in a tsp. of olive oil and bake until soft, approximately 25 minutes at 375 degrees. Slice onion horizontally into thin rings and sauté in olive oil until caramelized.

Squeeze roasted garlic onto slices of bread, layer with thin tomato slices that are salted and peppered, add onions and return to skillet to toast. Finally chop sweet basil, and sprinkle on before serving.

### Potato-Leek soup

6 peeled large Kennebec potatoes

## How much raw sweet corn can a person eat

Tuesday, August 25, 2009

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1 large onion

2 leeks

½ bulb garlic

Handful of fresh parsley

Chop and boil potatoes. Saute onions and leeks, adding sliced garlic for last two minutes. Mash potatoes in their water and add vegetables. Salt and pepper to taste. Finely chop parsley leaves, stir in and simmer for 5 minutes. Serve hot with a dollop of butter. This basic recipe can be enhanced with summer squash, peppers and/or sweet corn.

### Stuffed Peppers

1 large onion

1 jalapeño pepper

1 peeled eggplant

8 ears fresh sweet corn

1 bulb of garlic

1 pint of tomato sauce (and/or several ripe tomatoes)

1 pound of hamburger, sausage or a mixture of both

24 cowhorn peppers (cored)

Sauté onion, hot pepper, eggplant in plenty of olive oil, add sweet corn (cut off the cob) when done. In another skillet, brown meat, adding sliced garlic at last minute or two. Mix everything together with tomatoes and/or sauce, salt and pepper to taste, and stuff the peppers. Sprinkle olive oil on top and bake at 375 degrees for an hour. Turn then over and continue baking until the peppers are wrinkled, maybe another hour. Serve with baked potato or rice. For vegetarian style, go to the garden for summer squash, leeks, Swiss chard or anything else that looks good.